

THE KITCHEN CABINET

The air for the wing of the sparrow. The bush for the robin and wren. But always the path that is narrow. And straight, for the children of men. —Alice Cary.

GOOD AND TASTY FOODS.



HE use of left-overs will always be a daily problem in most homes.

Cereal Fruit Pudding.—Put a cupful of cooked cereal into two cupfuls of water and boil until thick; then add two cupfuls of milk and cook slowly one hour; add one cupful of chopped dates, figs or raisins, a teaspoonful of salt, two teaspoonfuls of butter and put into a greased baking dish; bake forty minutes in a moderate oven. Serve hot with fruit juice for sauce. It may be garnished with orange marmalade.

Baked Codfish Puffs.—Put a package of shredded codfish into a bowl, cover with boiling water and allow it to stand until cool, then drain and squeeze dry. Add one quart of hot mashed potatoes, mix well, then add one cupful of cream sauce, a teaspoonful of onion juice, two teaspoonfuls of butter, salt if needed and a few dashes of paprika. Beat until light, then put into a baking dish, brush with fat and bake twenty-five minutes or until brown.

Ham Loaf.—Put three cupfuls of cold boiled rice and two cupfuls of cold boiled ham through a food chopper; add one-half cupful of cream sauce, a half cupful of bread crumbs, a tablespoonful of parsley, a tablespoonful of onion juice, salt, pepper and paprika to taste; a teaspoonful of table sauce and an egg beaten until light. Mix all together and press into a brick-shaped baking pan. Bake thirty minutes in a moderate oven. Serve hot with a sauce, or sliced as cold meat.

Deviled Fish.—Take two pounds of any steak fish, brush a dish with fat, lay in the fish and cover with the following: One cupful of cream sauce, one-half cupful of chopped green pepper, half a beaten egg, two teaspoonfuls of salt, one-half teaspoonful of dry mustard, one teaspoonful of table sauce, one teaspoonful of grated onion, two teaspoonfuls of butter; brush the fish with the other half of the beaten egg, add two cupfuls of lightly flaked fish to the sauce and pour over the fish. Sprinkle with bread crumbs and place in a hot oven for half an hour.

The true glory of any nation is in the living temple of a loyal, industrious, and upright people.

SUMMER DISHES.



POTTED meats are very common in England, even with the plainest cooks. Tongue, ham, meat or fish leftovers are usually potted for the lunch of another day. The delicacy of such dishes depends upon the thorough pounding, which reduces the materials to the smoothest paste. If carefully prepared and sealed, they will keep for months.

Potted Fish.—Pick cold fish to pieces, season with salt, pepper, and a little mace, then put into a jar, tie tightly with a piece of muslin, then cover this with a paste made from flour and water, stand the jar in a pan of water and bake in a moderate oven one hour. When done and cold, pound the fish to a paste, pack it back into the jar and cover with sweet melted fat.

Potted Chicken.—Take the cold roast chicken, rejecting the snaws and skin, chop fine and to every pint allow a half cupful of chopped tongue or ham. Put the bones left from the chicken into a saucepan, add one pint of cold water and boil down to less than half a pint. Strain and remove the fat. Pound the chicken, ham or tongue to a smooth paste, adding a little of the liquor to moisten, season with cayenne, nutmeg and a tablespoonful of melted butter. Put into small jars or pots and press down tightly. Cover the jars with melted butter. Cover with paper moistened with white of egg and keep in a cool, dry place.

Jellied Chicken.—Cut up a four-pound chicken as for fricassee. Put it on to cook with one small onion, one bay leaf, one blade of mace, three cloves, pepper and salt to taste. Simmer slowly until the chicken is tender. When done cut it from the bones and skin. Put the bones and skin back into the kettle and simmer an hour. Cover one-fourth of a box of gelatin with a little cold water, and let it soak. Add gelatin to the liquor, stir until dissolved, then strain. Taste and add more salt and pepper. There should be about one and a half pints of liquor when done. The next day take all the fat from the top of the jelly, then pour half of it into a square mold and stand on ice to harden. When hard put a layer of the chicken on top of the jelly, then slices of hard cooked eggs (using three), sprinkle lightly with salt and pepper, then more chicken and eggs

until all is used. Pour over this the remainder of the jelly, which should just cover the chicken. Let stand on ice over night before unmolding.

Conversation is but carving; Give no more to every guest Than he's able to digest. Give to all but just enough. Let them neither starve nor stuff. —Walter Scott.

WHAT ABOUT OATMEAL.



OATMEAL furnishes us with the food elements in better proportion than any other grain. It is more easily digested and contains more body-building material than any other cereal. The oat also contains a large amount of mineral matter, the important body regulating material.

Oatmeal to give its best, must be cooked long and well. As a breakfast food, it stands at the head, yet we are learning to use it in various other ways and in different combinations.

Added to wheat breads it makes a most wholesome loaf. Scald one cupful of rolled oats, let stand until cool, add to the usual bread sponge and proceed as usual, adding more salt than for other bread.

Oatmeal With Cheese in Casserole.—Arrange three cupfuls of cooked oatmeal in layers with one cupful of grated cheese. Sprinkle the top with buttered crumbs and bake in a hot oven until the crumbs are brown.

Oatmeal Soup Italiane.—Melt one tablespoonful of fat; add a small chopped onion, and cook until slightly brown with one-half a green pepper, also chopped. Remove from the fire, stir in a tablespoonful of corn flour, a teaspoonful of salt, a cupful of cooked oatmeal, and three cupfuls of milk. Cook in a double boiler until smooth. When serving sprinkle with one-half cupful of grated cheese.

Oatmeal and Fish Croquettes.—Mix together one and one-half cupfuls of cooked fish, three cupfuls of cooked oatmeal, one teaspoonful of chopped parsley, two tablespoonfuls of chopped onion, one tablespoonful of salt, and a few dashes of pepper. Make into croquettes; dip in egg and crumbs and fry in hot bacon fat. Serve with a white sauce to which a little chopped green pepper has been added.

Oatmeal Wafers.—Take two cupfuls of fat, one cupful of brown sugar, one egg, one cupful of oatmeal, five tablespoonfuls of wheat flour, two tablespoonfuls of water. Mix and drop on a greased pan. Bake until brown on the edges.

Run if you like, but try to keep your breath; Work like a man, but don't be worked to death.

SOME SUMMER MEATS.



PERISHABLE meats that are not needed for shipping to our army and allies, supply a sufficient variety to keep us from monotony. Among these are tongues, hearts, sweetbreads, kidneys, liver and brains, all good food when well and tastefully cooked.

Beef's Heart With Veal Stuffing.—Soak the heart three hours in cold water then remove the arteries and all bits of hard tissue. Take one pound of uncooked veal, chopped fine, a quarter of a pound of salt pork chopped fine, or the same amount of pork sausage, four tablespoonfuls of bread crumbs, a tablespoonful of onion juice, one teaspoonful of salt, a quarter of a teaspoonful of pepper, one egg slightly beaten and a few fresh mushrooms, if they are obtainable. Mix all these ingredients together and stuff the heart. Wrap in a cloth and sew it. Stand in a small saucepan with the point down, cover with boiling water and just simmer very slowly for three hours, then remove the cloth and bake in a quick oven one hour, basting every ten minutes with a little sweet fat. Serve with a brown sauce, hot or cold. Heart is very nice, sliced and served cold.

Smoked Beef's Tongue.—Wash and soak the tongue over night. In the morning put on to cook in a kettle of cold water, simmer gently for four hours, or until it is perfectly tender. Add more water if needed. When the tongue is cold remove the skin. To serve as a hot dish, place on a heated platter well garnished with parsley to cover the root end. What is left may be sliced and heated in a well-seasoned sauce, using such flavors and condiments as one's taste requires.

Sheep's Kidneys on Brochette.—Take six sheep's kidneys, cut through the center, remove the white veins and fat. Wash well, cover with boiling water and let stand five minutes, then wipe dry. Cut a fourth of a pound of bacon in slices half the size of the kidney, place on skewer a piece of kidney then of bacon, two pieces of kidney to each skewer. Place on a broiler, baste with fat and cook over a hot fire five minutes.

Neelie Maxwell

POULTRY

GET RETURNS FROM POULTRY

On Many Farms Products From Fowls Can Be Counted on as Practically Clear Profit.

(Prepared by the United States Department of Agriculture.)

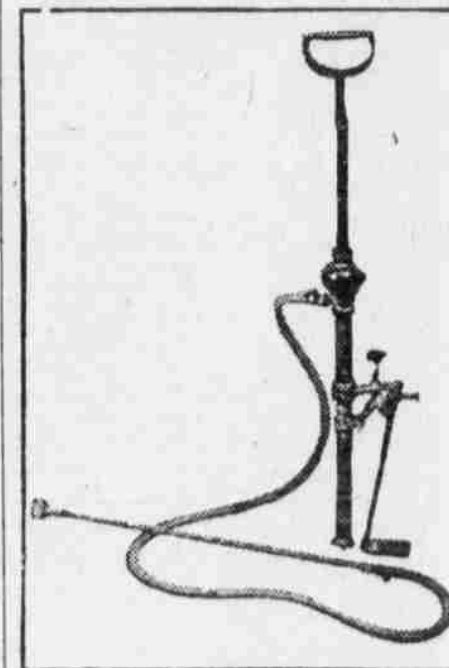
The farmer who raises the ordinary grains and keeps some live stock has perhaps the greatest opportunity that has ever come to him for making profit from poultry. The possibilities for profit are perhaps not so large as they used to be for the special poultry farmer, and that fact may have led some general farmers to believe that the situation applies in some way to them; but there exists just here an unusual paradox. The very conditions that may make poultry and egg production a losing enterprise on the specialized poultry farm tend to make it an increasingly profitable one for the general farmer. Where nearly all of his feed has to be bought at high prices, the margin between cost of production and proceeds from sale becomes extremely narrow, but where practically all of the poultry feed is made up of waste materials that would otherwise not be utilized in any manner, the percentage of profit becomes very much larger when prices are high than it ever could have been when prices were low. Poultry on the farm obtain a very great part of their feed by foraging, by gleanings the waste from stable yards and feeding lots, by consuming the scraps from the kitchen door, by preying upon insect pests in pasture and field, and in only a relatively small degree from grain or other commodities that would be marketable. A farmer whose poultry is fed in this way may count all of the money received for eggs and surplus poultry as practically clear profit. When, therefore, eggs and poultry are selling at higher prices, than have usually been obtainable, the farmer's margin of profit without expenditure is very greatly increased. It is, therefore, to the farmers of the country that the nation must look for the greater part of the immediate increase of poultry products which will make it possible to supply our own army and navy with red meats and at the same time furnish the allies with the animal foods they need.

DISINFECTION OF HENHOUSE

Structure Should Be Thoroughly Cleaned Out and Sprayed at Least Once Every Year.

(Prepared by the United States Department of Agriculture.)

Once a year the poultry house should be thoroughly cleaned out and sprayed with one of the coal tar disinfectants or given a good coat of whitewash containing 5 per cent of crude carbolic acid or creosol. Unless the exterior is painted, a coat of whitewash will help preserve the lumber and give a neater appearance to the building. Spring is one of the best seasons to clean up and whitewash the poultry house. A well-made whitewash is the



Bucket Spray Pump, Useful in Disinfecting Chicken House.

cheapest of all paints, and if properly made serves equally well either for exterior or interior surfaces.

A good whitewash can be made by slaking about 10 pounds of quicklime in a pail with 2 gallons of water, covering the pail with cloth or burlap and allowing it to slake for one hour. Water is then added to bring the whitewash to a consistency which may be applied readily. A waterproof whitewash for exterior surfaces may be made as follows: (1) Slake 1 bushel of quicklime in 12 gallons of hot water, (2) dissolve 2 pounds of common salt and 1 pound of sulphate of zinc in 2 gallons of boiling water; pour (2) into (1), and add 2 gallons of skim milk and mix thoroughly. Whitewash is spread lightly over the surface with a broad brush.

Guineas Gaining Favor.

Guinea fowls are growing in favor as a substitute for game birds, with the result that guinea raising is becoming more profitable.

Purebred Fowls Best.

If you are raising scrub chickens, you certainly are not making near the amount that you could if you had purebred fowls.

Show Thyself a Man

By REV. W. W. KETCHUM
Director of Practical Work Course,
Moody Bible Institute, Chicago

TEXT—I go the way of all the earth: be thou strong therefore, and show thyself a man.—1 Kings 2:2.

An old man lay dying. Behind him was a checkered and romantic career.



In his youth he was a shepherd. He became king of Judah, and upon Saul's death was elected king of Israel as well. His sons Absalom and Adonijah, separately and at different times, tried to wrest his throne from him. At last, however, he had the satisfaction of seeing the son whom he had chosen to succeed him crowned king. As he lay dying he called the young king into his presence, and this is what Solomon heard David, his father, say: "I am going the way of all the earth. Show thyself a man."

Not by Clothes.

Solomon must have pondered the meaning of these words, and as we look back over his life it might be wondered if he did not interpret, "Show thyself a man," to mean that he should wear costly and ornamental array. His magnificent clothes made such an impression that our Lord, holding forth a lily, said: "Solomon in all his glory was not arrayed like one of these."

Strange, is it not, that even in these days, when the realities of life are being borne in upon us as never before, there are folks who act as if they thought clothes instead of character make the man.

You can test this in most any social gathering. Two men enter; one, with heart as black as hell, but dressed like a fashion plate and with the airs of a gentleman; the other, with sterling character, but green and awkward, wears ordinary plain clothes. The first is a center of attraction while the second is unnoticed unless some one, out of pity, keeps him company. I do not say this would be so if the real value of each man was known, but in the absence of such knowledge, is it not true that often we act as if clothes and not character, make the man?

Not by Wealth.

It may be Solomon thought his father meant that he should acquire wealth, for he amassed a great fortune and became the richest man of all time. He erected a palatial residence that took thirteen years to build, and had such sumptuous surroundings and so much wealth, that the queen of Sheba, hearing of his glory, came to visit him and when she saw it all, exclaimed: "The half was never told."

How many there are today to whom wealth is an indication of manhood. Let it be said that one is rich, and immediately these people do him honor, as if what he possesses, instead of what he is, makes him a man. It is a bad custom we have of asking how much a man is worth, rather than what his character is. A man may have a good character with dollars, and just as easily, he may have a bad character without them. It is not money, or the want of it, that determines a man's character. It is what he actually is.

Wealth may induce to badness, and so may poverty; neither, however, need be blamed for ruined character, because God will give strength and grace to bear either, if we ask him.

Not by Culture.

Possibly Solomon thought that culture makes a man, for we read that he became the wisest of all men. Yet after acquiring understanding in many things, it was he who said at last: "Trust in the Lord and lean not to thine own understanding."

We should remember that God puts no premium upon ignorance. He expects us to develop and increase in knowledge.

The splendid schools and colleges of our day offer youth great opportunities for development; but should all the culture and learning of the world be acquired, and one know not God and Jesus Christ whom he has sent, he is still ignorant of the greatest and most vital truth—truth that is essential to his character, and without which he lacks the power to build that Christian character which alone can stand the testings of God, and having stood them, endure throughout eternity.

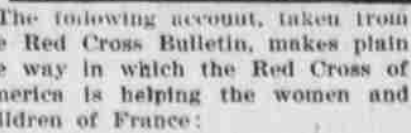
The apostle tells us that "other foundation can no man lay than that is laid, which is Jesus Christ." And he says: "If any man build upon this foundation"—not learning, not culture, but Christ—"he shall receive a reward," provided of course, his building be of such material as will stand the test of fire. And so he adds: "Take heed how ye build thereupon."

Yes, let us take heed how we build thereupon; what kind of Christian characters we erect; but first of all, we need to be definitely sure that we are building upon the only foundation, which is Jesus Christ our Lord. Then as we build our Christian character upon him, may each one of us show himself a man.

Christ's Desire.

In our business Christ wants not so much ours but us.

WHAT CAN WE DO?



The following account, taken from the Red Cross Bulletin, makes plain the way in which the Red Cross of America is helping the women and children of France:

The American Red Cross has placed at the disposal of General Petain, commander in chief of the French armies, the sum of 5,650,000 francs (\$1,130,000) for distribution among the sick and "reformed" French soldiers and their needy families.

It extends its aid to the repatriated children coming in convoys from occupied France and Belgium by way of Evian-les-Bains. Four thousand children have been examined and nearly 1,000 treated at the American Red Cross hospital where also acute and contagious cases are treated. More than 16,000 have received dispensary treatment, and those in need of convalescent care or those suffering from tuberculosis are sent to the Red Cross hospital near Lyon. The thousands of old folk, women and children without homes, who leave Evian each week for the various departments to which they are designated, find there the representatives of the American Red Cross. There are more than fifty distributed in forty-four departments, who take part in the work of rehabilitation, supplying furniture, clothing, fuel and food.

In Paris, twenty-six houses for the lodging of refugees have been turned over to the bureau. These will take care of 700 families, or 3,850 individuals. The Red Cross furnishes the necessary requisites and in certain cases advances money to cover the expenses of construction. A refuge of the American Red Cross at Tonl houses 406 young children and their mothers who have come out of the bombed villages, while the means furnished by the Red Cross have made possible the opening of a maternity hospital at Chalons in which 600 babies have been born since the beginning of the war.

The American Red Cross gives care

and comfort to the babies of France in thirty-seven different posts, nine of which are the "postes sanitaires" established in Paris where schoolchildren whose mothers are engaged in war work may get their meals.

Work is also going on in the five villages selected for intensive reconstruction. The houses damaged by shell-fire and bombs have been rendered habitable, barns and other farm buildings have once more been made fit for service. A subvention of 50,000 francs (\$10,000) has been set aside for the planting of 40,000 fruit trees in the orchards destroyed in the departments of the north.

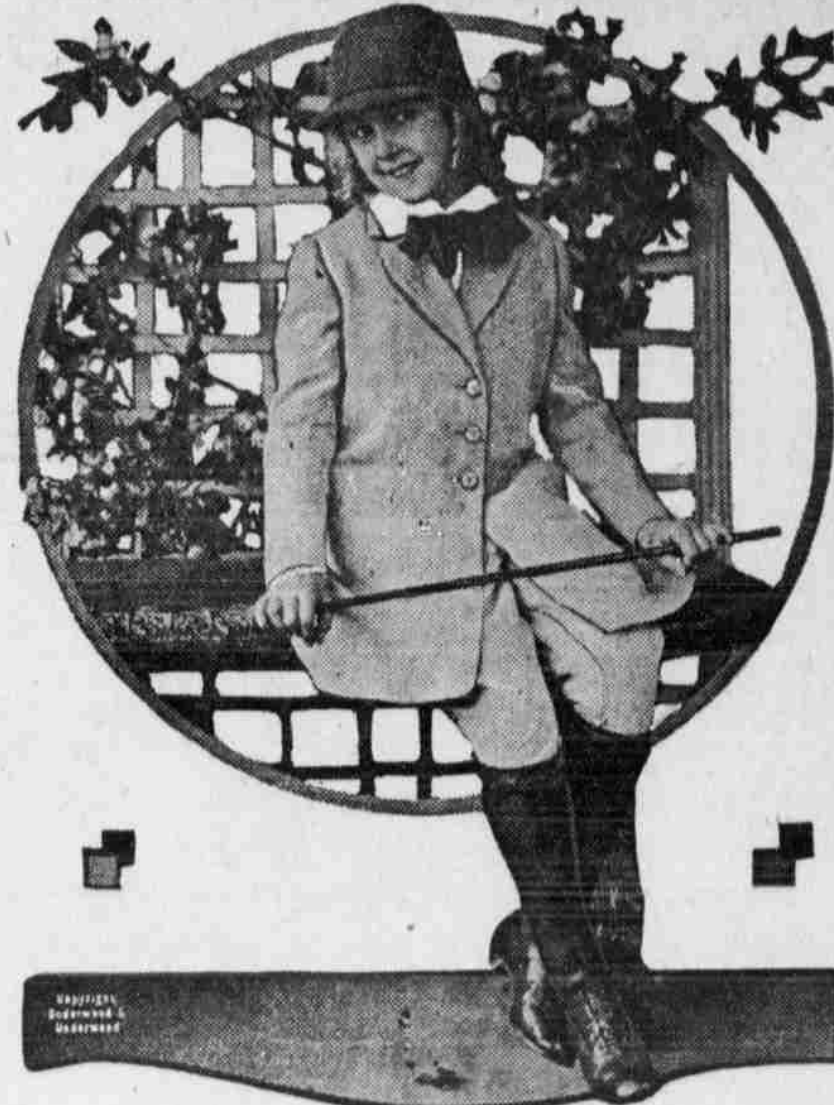
Supplies for the refugees have been made direct, through the medium of the 78 organizations and the 28 local branches. A total of 74,372 articles of clothing, 257 infant layettes and 30,150 meters of goods have been distributed, as well as sewing machines, sewing materials, food and medicines.

A Clothes Mandate.

Owing to the necessity for conserving materials and labor, and to keep the ever-rising cost of garments down to a minimum, fashion authorities are not authorizing or recommending radical changes for the autumn. Therefore the silhouette will be straight and youthful; colors will be restricted to the smallest possible number and for street wear will be dark and rich in tone, with much fur trimming, fringe and embroidery.

One hears that very few capes are smart unless they are touched up with a checked or plaid fabric. And capes, you know, are as smart as jackets, and will continue to be so through the autumn. They are worn over separate skirts and cuirass blouses, or short Chinese tunics, and they have that swagger military air that comes from their careless arrangement across the shoulders. All of the new ones have some kind of waistcoat arrangement which holds them closely over the bust and waistline.

Riding Togs for Youthful Wearer



Whatever accomplishments or sports are to be cultivated in our girls, their training for them should begin early.

Riding, swimming, tennis, walking, climbing, music and languages—add so much to the joy of life that every girl is entitled to a chance at some of them. While the girl is growing up is the time for her first instruction and for the really tedious practice which a knowledge of music and languages compels. Timidity is easy to overcome in the young. It is especially sensible to insist on having children taught to swim and ride, and girls excel when given a chance in these sports.

Julia Bottomey

Roman Belts.

Roman belts have been revived with the colored jewelry; even the old-time sashes with deep knotted fringe are coming to the fore. The Roman belts and matching hat bands look very smart with white golf togs, the blouse of which is fastened with jade buttons, and the hat with jade pins. Much fancy jewelry is worn in the daytime with the wash dresses, always harmonizing with the gown. Or when white is worn, with the hat and veil.

Face Powder to Be Scarce.

The French government has prohibited the manufacture of face powder from rice, an official report stating that 100,000 soldiers' rations of rice are wasted daily on women's powder puffs.