

THE KITCHEN CABINET

The hero we love in this land today
Is the hero who lightens some fellowman's load—
Who makes of the mountain some pleasant highway,
Who makes of the desert some blossoming road.

The ones who mean to win their stars
For the deeds they shall have wrought
Won't have too many sleeping cars
Attached to their train of thought.
—Nixon Waterman.

A FEW SNACKS.



OR a small company when supplies are limited, a salad is the dish upon which we all rely. A most tasty and attractive one is this that was the invention of necessity, for one cucumber, one tomato, and one large apple served a happy salad. The apple was peeled and cored, then cut in thin rings and dropped in cold water with a little vinegar; this keeps the apple from turning brown. The cucumber was chopped or cut in fine cubes; and one small onion was also cut in the same manner. The slices of apple was heaped with the onion and cucumber mixture, which had been well-seasoned and mixed with salad dressing and garnished with a strip or two of red pepper. The tomato was heaped with a teaspoonful of the salad dressing and garnished with two or three strips of green pepper.

Cheese Dreams.—With a biscuit cutter cut circles from slices of close-textured bread. Lay on thinly sliced cheese, place another circle on it in the form of a sandwich, and brown lightly in a little olive oil in a hot frying pan.

Hot Cheese Sandwiches.—Break open hot baking powder biscuit, butter, and lay in a thin slice of cheese. Cover with a hot cloth and serve quickly as the cheese should be melted at once. These make a most dainty lunch with a cupful of tea and a dish of fruit.

Tomatoes With Eggs.—Peel small firm tomatoes, scoop out the centers which may be used as a soup or in sauces, season well inside and out with salt and paprika and put in the oven, cook until boiling hot, then remove. Drop in a piece of butter and an egg, using care not to break the yolk. When the egg is firm, remove from the oven and serve on buttered rounds of toast. Leftover greens of any kind that are cooked and seasoned may be molded in small cups and served as a salad with a good dressing. Small balls of cottage cheese are good with these.

The white-fleshed fishes, such as cod, whitefish, haddock and halibut, make most acceptable dishes served in a white sauce.

Age is an opportunity no less
Than youth itself, though in another dress;
And as the evening twilight fades away,
The sky is filled with stars invisible
By day.

A FEW PUREES.



PUREE is commonly known as a thickened soup. The kinds of purees are without limit.

Puree of Cucumber.—Peel, slice and parboil six cucumbers. Drain and fry in butter, season with salt, pepper and nutmeg. Dredge with four tablespoonfuls of flour, add two quarts of milk and one quart of veal stock; cook 15 minutes, stirring constantly. Rub through a sieve, reheat, add one cupful of scalding hot cream, season with sugar and butter and serve with croutons.

Puree of Beans and Rice.—Put a quart of beans into a soup pan with a little salt, a small onion, a slice of carrot, a tablespoonful of fat, a sprig of parsley and boiling water to cover. Cook until the beans are soft, rub through a sieve and add sufficient veal stock to make the desired quantity of soup. Season to taste, add two tablespoonfuls of butter substitute and a cupful of boiled rice. Reheat and serve at once.

Puree a la Croissy.—Put into a saucepan a carrot, a turnip and an onion cut fine, two cupfuls of beans, two leeks, a stalk of celery and a small bunch of parsley. Fry in butter, dredge with flour, add a can of tomatoes and two quarts of veal stock. Simmer for two hours, rub through a sieve, reheat, season with salt, pepper, sugar and butter. Add one cupful of cooked green peas and one cupful of boiling cream. Serve with croutons.

Puree of Celery.—Cut two bunches of celery into small pieces, parboil and drain, then fry in butter. Add salt, pepper and nutmeg to season; cover with veal stock and simmer one hour. Blend two tablespoonfuls of butter with two of flour, add a quart of veal stock and the celery and cook until thick. Rub through a sieve, reheat, add two cupfuls of hot milk, a pinch of sugar and a tablespoonful of butter. Serve with croutons.

The soup needs to be but opened and heated, adding a dash of paprika or a bit of onion or cooked rice and it is ready to serve.

WHAT TO HAVE FOR BREAKFAST.



NO MONTH is known, even in the summer time, when griddle cakes are not welcomed in the average family. In a large majority of hotels hot griddle cakes are always on the bill of fare, summer or winter, and in many, the cake is a favorite finish for the night meal.

Corn Flour Griddle Cakes.—Beat one egg very light, add a cupful of good rich buttermilk or sour milk, a half-teaspoonful of salt and a half-teaspoonful of soda, a quarter of a teaspoonful of baking powder; then add enough corn flour to make a thin batter. Cook on a hot griddle. The secret of a good tender cake is the materials used, sour or buttermilk making most tender and fluffy cakes, then the care with which they are baked.

A breakfast, which is quite satisfactory, is the following: Either a dish of sliced peaches or a canteloupe or muskmelon, a dish of well-cooked oatmeal, and if the peaches are served, they may be eaten with the cereal, cream and sugar, an egg on toast and a cupful of coffee.

Pears, plums, quinces and grapes are all in the market and furnish a good variety. The quinces are to be stewed or baked to make them palatable.

Scrambled Eggs a la Guerre.—Make a paste of a cupful of milk and a third of a cupful of flour—any kind may be used; cook until smooth and the starchy flavor is entirely removed. Now add three eggs, stir and cook with butter and seasoning until the eggs are thick. Serve at once.

Kentucky Batter Bread.—Take two cupfuls of cornmeal, three eggs, well beaten, one teaspoonful of salt, one tablespoonful of melted fat. Mix with milk to make a thin batter. Pour into shallow buttered tins and bake 45 minutes in a hot oven.

Rice With Eggs.—Brown a third of a cupful of rice in a little sweet fat, season and add broth or water, cook until the rice is tender, then stir in three eggs and serve hot at once.

We search the world for truth; we cull
The good, the pure, the beautiful,
From graven stone and written scroll;
From old flower-fields of the soul;
And, weary seekers of the best
We come back laden from our quest
To find that all the sages said
Is in the book our mothers read.
—John G. Whittier.

COMMONPLACE LUNCHEONS.



MOST tasty dish to serve hot for a main dish is a combination of fish, potato and white sauce.

Escalloped Fish and Potato.—Prepare creamed salmon by melting one tablespoonful of butter, adding two of flour, stirring until the mixture is smooth. Then add a cupful of milk, salt and pepper to taste; add the can of drained fish after the sauce is well cooked. Put a layer of the creamed fish into a baking dish, cover with a layer of cold mashed potato, then another layer of fish until all is used. Have the potato for a finish to the top. Dot with bits of butter, sprinkle with salt and paprika and bake in moderate oven.

Salmon Rice.—Line a buttered mold with cold boiled rice left from breakfast. Fill the center with creamed salmon and cover with more rice. Cover mold and steam half an hour or more. Serve with a cream sauce, which may be seasoned with curry, lemon juice or chopped sour pickle.

Fruit Popovers.—Take one cupful of flour, one egg, unbeaten, one cupful of milk and half a teaspoonful of salt, a teaspoonful of baking powder; mix all together and beat well. When the gem pans are sizzling hot and well greased drop in the batter, filling each pan half-full; add a piece of banana, a spoonful of blackberries or any fruit. Bake in a hot oven until a golden brown. These may be served with a simple fruit syrup for dessert.

Tongue and Potato Salad.—Cut cold cooked pickled lamb's tongues into dice; mix with double the quantity of cold boiled potatoes; cut in dice and add hard-cooked egg, finely chopped. Pour over a French dressing and serve.

Baked Sausages With Rice.—Cut large pork sausages into thin slices; butter a baking dish and fill with cold boiled rice. Moisten the rice with cold water in which a little beef extract has been dissolved. Spread the sliced sausages over the rice and bake in a hot oven until the sausage is crisp.

Nellie Maxwell

Satin and Fur for Winter Wraps



Beauty may go beautifully in anything made of silk or anything made of fur, with a clear conscience and without criticism—for these are things the soldiers don't need. So there are magnificent fur wraps and less splendid but quite as beautiful ones made of satins and silks for those who choose to wear them. There is plenty of latitude in this matter of war-time dressing to allow those who can afford it, to go as brilliantly clad, when occasion makes opportunity, as in the past, or to dress as simply as for a promenade. There are several kinds as to what befits the times.

Since fur and silk are at hand nothing more is asked by the creators of styles, except customers to buy the beautiful things that can be made of them. At one of the New York style shows the lovely evening coat which is pictured above shows how well an American designer succeeded. This wrap is not too gorgeous to be youthful, is clever and original enough to be interesting and there are not two opinions as to its beauty.

Even Paris, after four years of war, with air raids always imminent and amid a thousand difficulties, has had the courage to carry on its business of creating beautiful apparel. The French feel that this is a necessity. Their genius for clothes has been such an asset that place for it must be maintained. They have been much given to black and white for evening gowns and wraps and a cape very full, of black satin lined with white satin, is so quiet and elegant that it compels everyone's admiration. It has an immense collar of monkey fur. There are other satin capes in dark shades of brown, made up with mole skin collars and banded trimmings, and black satin long, loose and ample coats with deep cape collars and banded trimmings of beaver or other furs.

Two Views of a Smart Coat



Keen and practical observers of the styles say that they embody the spirit of youth and that this is one effect of the war. The great armies are made up of youths—it is the day of the young man, and it is reflected in all apparel. One might think that for matrons, this flavor would be absent, but no! Matrons are as busy as maids and soldiers, as alert and active, and their apparel expresses this, which is the spirit of youth.

In the handsome silver-tone coat pictured something of this idea is apparent. It seems to be simple, but is really designed with wonderful and sophisticated cleverness, therefore it may be selected as representative among garments for women no longer youthful. It is a beautiful model suited to all-round wear, with Raglan sleeves, that give it an ample roomy look and cleverly shaped under-arm pieces that keep it from being bulky. Only an expert could think out and execute a thing so new in the world of coats.

There is a cape collar, convertible into a muffler for very cold weather that is made of seal plush, and deep cuffs to match, or one may choose to have these accessories replaced with Hudson seal. But when fur buyers tell you it is difficult to tell which

which, at a little distance from the wearer, there is no very good reason for preferring fur to the more durable plush.

Of course a coat that embodies the spirit of youth may be worn by youth. And this, like many other of the season's offerings, will grace both youth and maturity. Coats as a rule are in quiet colors—what are called the "fur shades." But recently the trend of style is toward brighter colors in frocks and hats, reflecting the mood of the public which grows in cheerfulness.

Julia Bottomley

Samplers.

There is no doubt that, as a rule, the long and narrow samplers are older than those more nearly square. These ancient samplers, especially the few bearing dates of the seventeenth century, are much finer in design, more closely worked, and better in execution than those of later date. The linen background is much more closely varied. They have more curious and varied stitches. Occasionally they are of minute size, but four or five inches long, with exquisitely fine stitches.

POULTRY

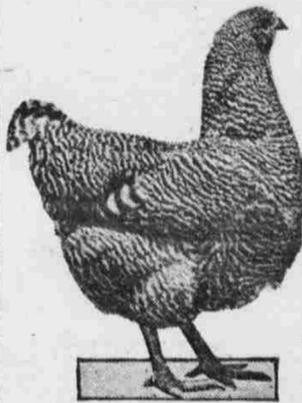
QUALITY IS OF IMPORTANCE

American Standard Breeds Are Good Producers of Meat and Eggs—Farm Hens Are Small

(From the United States Department of Agriculture.)

Inasmuch as most farms have already some supply of poultry, the problem for the farmer is one of increase and not, like that of the city dweller who undertakes to keep hens to supply his own table with eggs, one of securing the foundation stock. While the American standard breeds are, for general purposes, the best, it is not urged that they be made to supplant other breeds where the other breeds are established and where they can be produced with a fair degree of success and of profit. The American standard breeds, broadly speaking, are the larger breeds of general-purpose fowl, good producers of both meat and eggs, as distinguished from the small breeds that are specialized egg producers. Farmers and farmers' wives who have built up their own flocks, and know the peculiarities of their breed and how to make the most of them will do best by keeping the hens that they have, even though they be small and inferior as meat producers, instead of trying to replace them with heavier ones.

In growing chicks, the quality—the vigor, vitality and capacity for growth



Barred Plymouth Rock Female, Bred at United States Government Farm.

—that the chick has when it starts in life count for at least as much as good conditions and good care.

Also, in growing stock for layers, it is especially important at this time when a large increase in meat products is needed, to avoid breeding from undersized specimens. Whatever may be the facts as to the relative value of large and small hens as layers, as that question relates to standard breeds, the question is irrelevant in this farm poultry production campaign, for farm hens are nearly all small according to standards for improved breeds of fowls.

The ordinary farm flock contains a large proportion of hens quite unfit for breeding—having no quality which it is desirable to reproduce. The eggs from these should not be used for hatching, but, as far as possible, eggs used for hatching should be from the best hens in the flock. To determine how many of these are needed, an estimate must be made, basing it upon the usual hatchability of eggs, and the probable length of the hatching season.

The ordinary average of hatches extending over a period of several months is about 70 per cent. If all the chicks are hatched early the length of the hatching season is about six weeks, from the setting of the first to the setting of the last hen used. Allowing two weeks for saving eggs before the first hens are set, the eggs used for hatching must be laid within eight weeks. Allowing for rejections of small and defective eggs, provision should be made for about 500 eggs in eight weeks. This means a flock of 15 to 20 hens as breeders. Such a number of the best of the flock should be separated from the rest.

As a matter of convenience it will probably be more satisfactory in most cases to confine the culls and give the portion of the farm flock used for breeders the usual accommodations and range. The culls may be shut in small quarters without yard if necessary, while that is not advisable for breeding stock.

The next thing to consider is the male. In many cases it will be to the advantage of farmers undertaking to increase and improve their flocks to buy standard males of general-purpose breeds because of the additional size and weight such males will give the chicks, to say nothing of the probable increase in egg production. From one or two pounds extra weight can be put on the chicks from ordinary farm hens by using males of approximately standard weight of Rhode Island Reds and Wyandottes, Plymouth Rocks and Orpingtons.

Free Range is Ideal.

Free range is ideal, being conducive to rapid and economical growth, with feed material in the form of grubs, insects and green grass.

Good Feed for Start.

Little chicks and little turkeys usually do well if started on Johnnycake baked hard, crumbled and fed dry.



There was never a time when the sacrifices and the help of women were more appreciated than at the present time. Women should learn war-nursing and nursing at home. There is no better way than to study the new edition of the "Common Sense Medical Adviser"—with chapters on First Aid, Bandaging, Anatomy, Hygiene, care of the Sick, Diseases of Women, Mother and Babe, the Marriage Relations—to be had at some drug stores or send 50c to Publisher, 654 Washington Street, Buffalo, N. Y.

If a woman suffers from weak back, nervousness or dizziness—if pains afflict her, the best tonic and corrective is one made up of native herbs and made without alcohol, which makes weak women strong and sick women well. It is the Prescription of Dr. Pierce, used by him in active practice many years and now sold by almost every druggist in the land, in liquid or in tablets, as Dr. Pierce's Favorite Prescription. Send Dr. Pierce, Buffalo, N. Y., 10c for trial pkg. Dr. Pierce's Pleasant Pellets are also best for liver and bowel trouble.

Omaha, Neb.—"I was at one time greatly benefited by taking Dr. Pierce's medicine. I became all run-down in health, was weak and nervous and was greatly in need of some good tonic to build me up and give me strength. I took the Favorite Prescription and the Golden Medical Discovery and they proved to be just what I needed for they built me up and restored me to good health. For this I am very thankful, indeed."—Mrs. Jennie Richardson, 337 S. 25th Ave.



For Constipation
Carter's Little
Liver Pills
will set you right
over night.
Purely Vegetable
Small Pill, Small Dose, Small Price

Carter's Iron Pills

Will restore color to the faces of those who lack iron in the blood, as most pale-faced people do.

DYERS

BEST BUYERS AND SELLERS OF CATTLE
HOGS AND SHEEP STOCK YARDS-OMAHA
DROS CO

Cuticura Soap is Easy Shaving for Sensitive Skins

The New Up-to-date Cuticura Method

PATENTS

Watson E. Coleman, Patent Lawyer, Washington, D. C. Advice and books free. States reasonable. Highest references. No restriction.

While the Boss is Away. The following notice scrawled on the wall of his hut by a Bananaland (Australia) timber cutter:

"You all take this notice I have gone to fight the Germans, and I don't know when I'm coming back; somebody chip round my humpy against grass fire. All my bullocks is sold except Sambo, him with the cockhorn. Anyone finding him can sell him to the —butcher and mind the money till I come back."

Sambo has been collected and his price (\$50) banked against the boss' return. The humpy (shack) is regularly chipped round, and anyone who interfered with the old wages rusting outside, or the gear piled against the wall would have to fight the whole district.

Only Professional.

"How are you getting on with the knife-awallower as a boarder?"
"He has a very sharp appetite."

A Question.

"A man becomes what he eats."
"Does he feel sheepish after eating spring lamb?"

Don't mistake a gourmand for a food expert. There are garbage cans, too.

Wash day is smile day if you use Red Cross Ball Blue, American made, therefore the best made. Adv.

Even the cat has a human trait. He will sharpen his claws in play.

A good book is a tonic for the mind.

Your A Wholesome, Cleansing, Refreshing and Healing Lotion—Murine for Redness, Swelling, Granulation, Itching and Burning of the Eyes or Eyelids.
"2 Drops" After the Movies, Motorists or Golf will win your confidence. Ask Your Druggist for Murine when your Eyes Need Care. 2-11 Murine Eye Remedy Co., Chicago