

The KITCHEN CABINET

Failure is, in a sense, the highway to success, inasmuch as every discovery of the false leads us to seek earnestly after what is true, and every fresh experience points out some form of error which we shall afterward carefully avoid.—John Keats.

GOOD DISHES TO TRY.

Fill cream puffs made the size of a walnut with seasoned cream cheese and serve with the salad. Add whipped cream and any desired seasoning to the cheese.

Prune Pie.—Put through a sieve one cupful of stewed prunes, add a cupful of rich milk, one teaspoonful of cornstarch and the yolks of two eggs, a third of a cupful of sugar and a bit of salt. Pour into a pastry shell and bake. Cover with a meringue using the egg whites, or they may be stirred into the mixture just before baking.

Filled Rolls.—Cut a slice from the top of the rolls, scoop out the centers and brush with butter, then brown in the oven. Fill with any creamed fish, chicken or vegetable. Sprinkle with parsley and serve.

A most delicious dessert may be made when baking pastry. Reserve a baked shell, which if kept in a dry, cold place will be crisp and good several days later. Fill the shell with sliced strawberries mixed with sugar and heap over the top sweetened whipped cream. Garnish with quartered berries and serve very cold.

Strawberry Bouches.—Cover tinball molds with a rich biscuit dough and bake, fill while warm with strawberries crushed with sugar, top with the white of egg and brown quickly, or they may be served with whipped cream or a spoonful of ice cream as a garnish.

Marmalade Tart.—Fill a pastry-lined plate with any desired marmalade—apple or plum are both good. Cover the top with rings of apple cut from a cored and peeled apple. Sprinkle with lemon juice and sugar and bake half an hour. Serve with spoonfuls of whipped cream or cream cheese in each ring of the apple.

Vienna Steak.—Take half a pound each of veal and lean beef; chopped, season well with salt, pepper and onion juice, with a few drops of lemon juice and a grating of nutmeg. Cook over coals or in the broiler under gas from eight to ten minutes. Serve with creamed butter and paprika spread over each steak. A very hot frying pan may be used for broiling if it is but lightly greased.

It is scarcely an exaggeration to say that many matters which agitate the public mind are not worth a thought in comparison with dietary questions to which a thought is seldom given.

HELPFUL HINTS.

There are some ideas which it is hard to get away from, in regard to meat values. The tender cuts of meat do not contain any more nourishment than the coarser cuts and these are richer in flavor, as they are cut from active muscles. Meat that has been used for soup has lost its flavor but the food value is there, and by adding various seasonings a most palatable dish may be prepared.

A thrifty housewife may have two good meals from a three-pound knuckle of veal. Cover the meat with cold water and cook until the meat is tender but not tasteless. Remove the meat and add two tablespoonfuls of rice that is well cooked, a grating of lemon rind or a pinch of mace, and a pint of milk, when hot serve at once.

For the second meal, cut the meat into bits. Fry a small onion in a little fat, remove the onion and cook the meat. Cook with stock or water and cook five minutes, flavor with two spoonfuls of curry powder, thicken the gravy with flour and add a tablespoonful of vinegar. Serve with a border of rice.

Pieces of rare steak or roast beef make a most delicious dish when combined with the following: Put the meat through the meat grinder. Fry a small onion in a tablespoonful of fat. Put a layer of parboiled potatoes, cut in slices, in the bottom of a baking dish, sprinkle with the meat and the fried onion, add a little gravy if at hand and pour over a cupful or more of tomatoes. Bake in a moderate oven until the potatoes are tender. Just before serving garnish the top of the dish with a tablespoonful of cooked green peas.

One Piece Dish.—Arrange a layer of sliced potatoes in a baking dish, cover with a sliced onion, then place pork chops over all and put into the oven to bake. Serve from the dish in which the food was baked. Salt and pepper is added when arranging the food in the dish. Bake until the chops are brown on top.

The woman who pays her bills promptly will get better service, for the merchant has to wait indefinitely for bills to be paid he is apt to charge interest by adding a cent here or there which swells the bills considerably.

Never give up! There are chances and changes. Helping the hopeful, a hundred to one. And through the chaos, high wisdom arranges. Ever success, if you'll only hold on.

FOOD FOR TODAY.

The onion is one of the most valuable vegetables, and should be eaten freely throughout the year. A little sprig of parsley eaten after eating onions will remove the objectionable odor.

Onions Stuffed With Nuts.—Boil even sized onions until tender, remove the centers, chop and mix these with butter, chopped nuts, salt, pepper and bread crumbs. Fill the onions and pour around them a little thin cream or rich milk, or any broth with which to baste them while baking. Serve as a garnish to a platter of pork chops or they may take the place of meat.

Baked Ham.—Soak a ham over night. In the morning put in a kettle one onion, one carrot, six cloves, six peppercorns, one bay leaf and water to cover. Simmer for two hours. When tender remove the skin, place on a rack in a baking pan and bake two to three hours, basting with cider and a cupful of water from the ham liquor. When done stir in a tablespoonful of brown sugar into the cider sauce and cover the ham and brown. Serve hot with the liquor from the pan poured around it, or served in a gravy boat.

String beans are delicious cooked for several hours with a piece of sweet, firm salt pork. They are good cooked with olive oil or with bacon. Season them sometimes with cheese or chopped parsley or chives.

Hot Potato Salad.—Roll half a dozen potatoes and slice while hot. Fry thin slices of bacon and cut them into small bits, using half a cupful. Pour off the fat, leaving two tablespoonfuls, stir into this one tablespoonful of flour, a pinch of mustard, a dash of cayenne and salt to taste. Stir until smooth, adding gradually one-half cupful of mild vinegar. Let the dressing boil, add the bacon and a small onion finely chopped, then the potatoes. Serve very hot.

Nippon Salad.—To one cupful of crab meat add one dozen stuffed olives chopped, two cupfuls of celery and French dressing well seasoned to marinate. Serve with mayonnaise dressing garnished with capers and pickles.

Wouldst thou fashion for thyself a seemly life? Then do not fret over what is past and gone; And spite of all thou mayest have left behind, Live each day as if thy life were just begun.

GOOD THINGS TO EAT.

The early green apples make delicious spiced apples to use throughout the year. Prepare a moderately sweet sirup with a few cloves and twice as much cinnamon. Wash, but do not peel the apples, as green apple skin cooks well and adds to the flavor. Drop in the sliced apples a few at a time and cook until tender, when all are cooked let the sirup cook down until quite thick and pour over them. Seal in small glasses or jars.

Cheese Salad.—Dissolve a tablespoonful of gelatin in four tablespoonfuls of hot water, add half a pound of grated cheese and a pint of whipped cream, season well with salt and paprika with a few dashes of cayenne. Pour into a wet mold and allow it to become firm. Turn out and cut in slices, serve on lettuce with mayonnaise dressing or with any desired boiled dressing.

Savory Rice and Vegetables.—Peel and slice six large tomatoes and chop two sweet peppers fine, butter a baking dish and put in a layer of tomatoes, cover with half a cupful of cooked rice and chopped peppers, repeat with another layer, season each layer with two tablespoonfuls of butter, a sprinkling of sugar and salt. Bake covered for three-quarters of an hour, then uncover for 15 minutes.

Date, Nut and Pineapple Salad.—Chop a cupful of dates and three good-sized apples, add a cupful of chopped celery, a cupful of broken nuts and a half pound of seeded and skinned grapes. Mix all together and heap on a slice of pineapple arranged on a lettuce leaf. Serve with mayonnaise dressing. A few marshmallows may be added or substituted for the nut meats if desired.

Rocks.—Beat together a half cupful each of lard and other shortening, add a cupful and a half of sugar, two eggs well beaten, a cupful of sour milk, two cupfuls of oatmeal and three cupfuls of flour, sifted with a teaspoonful of soda and one of cinnamon. Add a half cupful each of raisins and walnuts chopped. Mix and drop on a buttered pan and bake in a moderate oven.

Nellie Maxwell

The First Kipling Book. Few are reading Mr. Kipling's new volume of poems have seen a copy of that precious item of Kiplingiana, the first edition of "Departmental Ditties." It was, as its author says, "only a sort of book"—a lean, oblong docket, wire stitched, bound in brown paper and secured with red tape, in imitation of an Indian government report. A hundred copies or so were put together by the poet himself and posted, in imitation official envelopes, "up and down the empire from Aden to Singapore, from Quetta to Colombo." The first issue contained only twenty-six poems, but others were added to the new edition rapidly called for, until presently the book changed its format and grew into a conventional stiff-back, gilt-tipped volume. "But," says Mr. Kipling, "I loved it best when it was a little brown baby."—Manchester Guardian.

No Trust.

"Rufus, aren't you feeling well?" "No, sah. I's not feelin' very well, sah."

"Have you consulted your doctor, Rufus?" "No, sah; I ain't done dat, sah."

"Why? Aren't you willing to trust your doctor, Rufus?" "Oh, yes, sah; but de trouble is he's not so all'gether willin' to trus' me, sah."—Yonkers Statesman.

That Language of Ours.

"Ah, your idioms, I cannot grasp them."

"What's the trouble, count?" "The politician is bappy because he was whitewashed."

"Yes?" "Yet the baseball pitcher who was whitewashed today, he is sad."—Kansas City Journal.

Couldn't Read German Sign.

"No, I don't want any insurance? Didn't you see 'No Admittance' on the door?"

Agent—Sure I did! The Germans had "No Admittance" written in barbed wire and bullets outside their trenches, but we got in, just the same.—Life.

Power Pays.

It is said that a sewing machine with an individual motor averages 1,000 stitches a minute, while the old-fashioned machine accomplishes only 300 or 400 stitches a minute at most.

The prices of cotton and linen have been doubled by the war. Lengthen their service by using Red Cross Bal Blue in the laundry. All grocers, 5c.

After reciting "Curfew Shall Not Ring Tonight" a school girl imagines she is a born elocutionist.

Patience is the right bower of success.

NOT HIS UNLUCKY NUMBER

Although Unpopular, "Thirteen" Has Been Decidedly Mixed With This Englishman's Life.

Superstitious readers will be interested in the following extraordinary story, of which the hero is Mr. F. G. Cordwell, the well-known and popular Fleet street Journalist.

Mr. Cordwell has been literally dogged by the number thirteen. It was on the 13th day of the month that he attested, went to France, went into action, got his first leave and returned to take up his commission. It was in the thirteenth tent, in 13 lines, 13 camp that he had his first lodgment in France. The tent contained 13 men. He had 13 days in hospital. He was given No. 13 pills. And, returning to civil work on January 13, he found that his old room had been renumbered 113.

Now count up the coincidences. You will find 13 of them!—Answers, London.

One on the Judge.

A certain judge could not control his temper, and consequently could not control other people. One day there was unusual disorder in court, and at last the judge could endure it no longer.

"It is impossible to allow this persistent contempt of court to go on," he exclaimed, "and I shall be forced to go to the extreme length of taking the one step that will stop it."

There was a long silence, then one of the leading counsel rose, and with just a trace of a smile, inquired: "If it please your honor, from what date will your resignation take effect?"

Crawfish Decide to Migrate.

Passengers arriving in New Orleans on a recent Sunday evening by the Louisville & Nashville railroad said the tracks were swarming with crawfish practically the whole distance between Michoud and Chef Menteur. Hundreds were walking along gathering the seafood. Baskets, heavy with squirming, wriggling, pinching crawfish were brought in by scores of persons. Expert fishermen said the fish were crawling back to calm waters to escape the squalls outside.

Subject to Change.

"Mrs. Smith-Jones is a decided blonde, isn't she?" "Yes, but she only decided last week."—Stray Stories.

Women dress for the benefit of men, but their clothes are seldom noticed except by other women.

Rainbow chasers get at least a run for their money.

THE FARMER MUST HAVE RUGGED HEALTH

Many Break Downs and Failures Due to Exposure and Hard Work
Catarrh in Some of Its Many Forms Claims Thousands



Every farm family has its medicine cabinet and in almost every one will be found a bottle of Dr. Hartman's World Famous Peruna. For coughs, colds and catarrh it is invaluable. It's use is indicated in all cases of catarrhal inflammation and congestion whether of respiratory organs, stomach, bowels or other organs of the body.

Mr. W. J. Temple of 300 Lincoln Ave., Delaware, Ohio, suffered for years with inflammation of the mucous linings of the stomach and bowels. According to his own story without distress. He says: "I am a farmer and must be exposed to all kinds of weather. After years of suffering, a druggist recommended Peruna. I took all together five bottles and am a well man. Formerly, I could not do a day's work. Now, farm work does not fatigue me in the least. Peruna is the best medicine and tonic on the market. Time only strengthens my admiration for it, especially for catarrh and colds."

Old Friendship Sweet.

The years have taught some sweet, some bitter lessons—none wiser than this: To spend in all things else, but of old friends to be most miserly.—Lowell.

Smart.

"I planned the house out of my own head." "Oh, I didn't know it was a wooden house."

WHY SO MOODY?

To feel "blue," cross and nervous all the time is not natural for anyone. Often it is due merely to faulty kidney action. Housework and the many family cares wear the nerves and so weaken the kidneys. Then comes that tired, fretful, half-sick state. If you have backache, headache, dizziness and kidney irregularities, and sharp shooting pains, try Doan's Kidney Pills. They have brought health and happiness to thousands of women.



Get Doan's at Any Store, 60c a Box

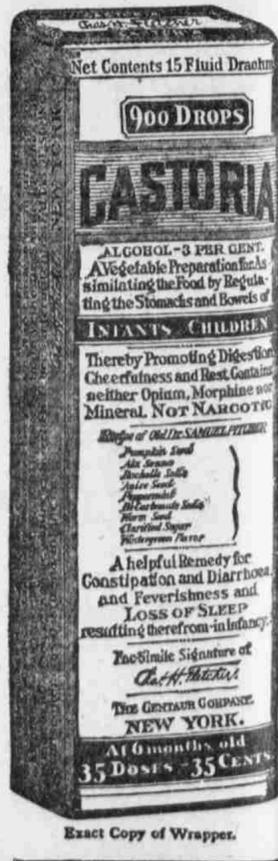
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Care and Responsibility.

THE responsibility attached to the preparing of a remedy for infants and children is undoubtedly greater than that imposed upon the manufacturer of remedies for adults whose system is sufficiently strong to counteract, for a time at least, any injurious drug. It is well to observe that Castoria is prepared today, as it has been for the past 40 years, under the personal supervision of Mr. Chas. H. Fletcher.

What have makers of imitations and substitutes at stake? What are their responsibilities? To whom are they answerable? They spring up today, scatter their nefarious wares broadcast, and disappear tomorrow.

Could each mother see the painstaking care with which the prescription for Fletcher's Castoria is prepared: could they read the innumerable testimonials from grateful mothers, they would never listen to the subtle pleadings and false arguments of those who would offer an imitation of, or substitute for, the tried and true Fletcher's Castoria.



Children Cry For

Fletcher's
CASTORIA

A Word About Truth.

"Great is Truth, and mighty above all things." So says the Old Testament, yet it is equally true to-day. Truth shows no favors, fears no enemies.

From the inception of Fletcher's Castoria, Truth has been the watchword, and to the conscientious adherence to this motto in the preparation of Fletcher's Castoria as well as in its advertising is due the secret of its popular demand.

All imitations, all substitutes, all just-as-good preparations lack the element of Truth, lack the righteousness of being, lack all semblance even in the words of those who would deceive.

And you! Mothers, mothers with the fate of the World in your hands, can you be deceived? Certainly not.

Fletcher's Castoria is prepared for Infants and Children. It is distinctly a remedy for the little-ones. The BABY'S need for a medicine to take the place of Castor Oil, Paregoric and Soothing Syrup was the sole thought that led to its discovery. Never try to correct BABY'S troubles with a medicine that you would use for yourself.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA, ALWAYS

Bears the Signature of

Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK CITY.

Nebraska Directory

THE PAXTON HOTEL
Omaha, Nebraska
EUROPEAN PLAN
Rooms from \$2.00 up single, 75 cents up double.
CAFE PRICES REASONABLE

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