

# THE KITCHEN CABINET

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.

## SAVORY DISHES.

Often a cupful or two of cold leftover fish will make a most appetizing and nourishing dish.



**Savory Fish.**—Cut a two-inch cube of salt pork in dice and fry out. To three tablespoonfuls of pork fat add three tablespoonfuls of flour, stir until well blended, then pour on gradually one and one-half cupfuls of cold milk. Boil and add one cupful of flaked halibut or haddock, three-fourths of a cupful of potato cubes, which have been cooked, the pork scraps, and the yolks of two eggs. Season and serve hot.

**Mock Crab.**—Melt four tablespoonfuls of butter, add one-half cupful of flour, one and one-half teaspoonfuls of salt, three-fourths teaspoonful of mustard, one-fourth teaspoonful of paprika. When well blended pour gradually while stirring constantly one and one-half cupfuls of scalded milk. Bring to the boiling point and add one can of corn, one egg lightly beaten, three teaspoonfuls of Worcestershire sauce. Turn into a buttered dish, cover with a cupful of buttered crumbs and bake until brown.

**Head Lettuce With Pears.**—A most attractive and appetizing salad is this: Arrange the crisp heart leaves of lettuce on the salad plates and fill each nest with eightths of carefully peeled pears. A few strips of red pepper placed over them as a garnish adds to the appearance, but paprika may be used, sprinkled over the dressing. If French dressing is used, add a bit of onion and a dash of cayenne.

**Coffee-Date Pudding.**—Soak a box of gelatin in one-half cupful of cold coffee. Add a pint of boiling coffee, one-half cupful of sugar and a pinch of salt. Strain and cool. When beginning to thicken add one-half pound of quartered dates and a half cupful of walnut meats. Serve with cream.

**Pineapple Custard.**—Add a cupful of diced, sugared or preserved, pineapple, to any good recipe for custard and bake as usual.

Fame is the scentless sunflower, With gaudy crown of gold; But friendship is the breathing rose, With sweets in every fold.

—Oliver Wendell Holmes.

## TIMELY TIPS FOR HOUSEWIFE.

Of all our food, cheese is the most compact and concentrated. It contains no connective tissue, bone or other waste so that a pound of cheese is without waste. It is highly nutritive, containing twice as much food value per pound as meat, and is much more economical to buy.



Cheese has been called hard to digest, because being rich it slips down with little mastication and being in hard lumps in the stomach does often cause distress. This same compactness which gives us such valuable food in small compass, makes it harder of digestion unless it is eaten with coarse food, such as dry crackers or vegetables which need good mastication.

Other meat substitutes which will lend variety to the diet are whole wheat, dried beans, peas and lentils, peanuts, walnuts, pecans, eggs, butter, cream, olive oil, milk, macaroni, and rice. Dried fruits as well as fresh are indispensable in a well balanced diet. These foods in various forms and in combinations with others will give a sufficient variety.

Children, when teething and suffering with swollen gums, will be greatly refreshed by cool fruit juice or scraped apple. A worrying baby is often suffering for frequent drinks of pure, cool water. It is well to remember that young children and animals cannot tell us what they need, and often suffer because of the carelessness of those who should be responsible.

Foods which must be denied children should not be placed temptingly before them—a strong reason for having the children eat alone. Their food should be palatable and attractive served. Table manners may be learned very early which will never have to be relearned.

Currents and raisins may be cleaned by rubbing them with flour, then shake it off to remove all dust.

To get the flavor of orange for tea, sauce or for any other dish, rub a cube of sugar over the rind to absorb the essential oil. One orange will furnish flavor for two or three cubes.

Drop the yolks of eggs left over into a cup and cover with cold water. If the yolks are unbroken they will keep several days.

Always let the water run a minute from pipes that have held water over night or for several hours.

God give us more of the people who set about definitely and actively to cultivate the habit of happiness; people the corners of whose mouths are turned chronically up, not down; people who are looking for inspiration and calling forth the best from all.—R. W. Trine.

## EVERY DAY HELPS.

A pinch of cream of tartar in fudge or frosting will prevent sugaring and will make it nice and creamy.

The whites will come off oranges if held under cold water and scraped. Cover poached eggs just a minute before serving to give them the pretty pink, glazed look. Water ferns at least once a week with cold coffee or tea; it will make them very luxuriant.

Add a little chopped cabbage and apple to the ordinary potato salad to give it a little unusual flavor.

Canned pineapple juice cooked with sage or tapioca and served with cream, using a garnish of chopped pineapple, makes a most dainty dessert.

A small amount of preserves stirred into cake crumbs and flavored with a drop of rose, garnished with whipped cream, makes another easy and good dessert.

For a delicious layer cake filling take one cupful of maple sirup and stir thick with powdered sugar, add nuts to the filling and use the plain mixture for the top.

One new thing a day is the rule for the evening meal conversation. Each contributes something of interest, making the gathering a cheery, happy event.

When running sash window curtains on rods which are not smooth at the ends, use an old glove finger over the rod.

When cooking rice, save enough to make griddle cakes for breakfast. Add one cupful of rice to the batter. Use some for supper or luncheon dish with meat and tomato.

When tying a package and you have no one to put a finger on the string to hold it, slip the end you are tying twice under the string; the knot will not slip while you finish tying it.

Halves of pears and peaches with chopped nuts and any liked salad dressing make delicious and quickly made salads.

French zinc, thinned with boiled oil to make it of the right consistency, is a much finer white paint than any made of white lead, goes farther, and has a much finer gloss.

We can be what we will be but only by holding ourselves to consistent and well calculated thought and action. Sheldon Leavett.

## FOOD FOR THE FAMILY.

One of the most wholesome of breakfast foods and one reasonable in price is the whole wheat grains cooked until soft and gelatinous. Serve with top milk. This is food especially good for growing children.

**Green Soup.**—Wash two quarts of spinach in several waters. Wash, peel and chop fine three small turnips, two onions, a bunch of celery and a sprig of parsley. Fry the vegetables gently in four tablespoonfuls of butter. Add one pint of water and simmer until tender. Mix two tablespoonfuls of flour with a little milk, add it to one and one-half pints of milk, let boil five minutes. Put all the vegetables through a sieve, then add the hot milk and serve with fried bread.

**Spanish Eggs.**—Cook together one cupful of stewed tomatoes and one clove of garlic, finely minced, one chopped onion, two sweet green peppers seeded and chopped. Cook gently until reduced one-half. Spread on thin slices of buttered toast and lay a poached or fried egg on each slice.

**Boiled Fish in Court Bouillon.**—Mince one onion, one stalk of celery, three sprigs of parsley. Fry them in a little butter, add two teaspoonfuls of salt, six pepper corns, a bay leaf, three cloves, two quarts of boiling water, one pint of vinegar. Boil fifteen minutes, strain and keep to use in boiling fish. Rub the fish with salt and lemon juice and put in the boiling liquor; simmer until the flesh falls from the bones.

**Maple Junket.**—Warm just lukewarm one quart of milk, add one dissolved junket tablet, one-third of a cup of maple sugar and pour into sherbet cups. Serve with grated maple sugar and cream, or a pudding sauce made of two-thirds of a cup of maple sugar, two tablespoonfuls of flour, one cupful of boiling water, two tablespoonfuls of butter and vanilla to flavor.

**Escalloped Celery With Cheese.**—Cook the rough coarse portions of celery, cut in bits, until tender, add to a rich white sauce in layers with cheese. Bake in a moderate oven until the cheese is melted.

Nellie Maxwell

# EXCELLENT TASTE IN YOUNG GIRLS' FROCKS



THE professional designers of children's clothes have put this country at the head of the procession in their line of business. Their products rank with those of the maker of tailored suits and shoes; at least no country outclasses us in these articles; comparisons show that we excel in them; keeping in mind the essentials of good taste, our designers have revealed inexhaustible ingenuity in making practical as well as picturesque things for children of all ages, from babyhood up.

For girls from nine to fifteen there are frocks that make one wonder that these years were ever designated "the difficult age." It takes the cultivated sense of the professional to fashion clothes that make us forget these terms and professionals succeed in doing just this. They translate and emphasize whatever of charm nature has bestowed upon the growing child at any age—and they make frocks that have their own charm to lend to young wearers.

For the sake of economy many mothers make their children's outfits at home. They need not be worried in the matter of designing these clothes; all they need do is buy materials and patterns and copy what professionals have placed in the shops and pictured in the magazines.

In the picture above there is shown a plain chambray dress for a girl from eight to thirteen, or there about, which is above criticism. Tucks in cross-bar and straight lines, and small pearl buttons serve to decorate it and it has a small collar of white organdie. One cannot do better than to copy it exactly, for with these simple means its designer has made a masterpiece.

## Something New in Silk Frocks



JUST how much and just how little one requires in the way of new clothes for the coming summer is a matter that must be decided by each individual for herself. Women feel that they are being "held up" on the prices of some things and, even when quite able to pay for anything they want, they object to playing into the hands of profiteers. Therefore many women, especially among those who have always had money and who understand values, are leaving it to the newly prosperous to buy extravagantly rich and high-priced apparel, contenting themselves with simpler and less costly things. They are selecting practical frocks that will serve a variety of purposes and buying only what they actually need—which is more or less—according to circumstances. Lovely washable dresses of fine cottons, that will continue to look fresh as long as they last, simple taffeta frocks, durable satins and reliable woollens, attract them.

Every woman knows how practical

# DADDY'S EVENING FAIRY TALE

BILLY BUGLER AGAIN.

"I have been told I could talk a little more to the boys and girls and tell them more of my happy life. So I've called my story 'Billy Bugler Again,' meaning Billy Bugler is talking again."

"Do you know something I like to do, boys and girls? I like to see my master shave! I have been told that I mustn't talk then or suddenly bark, for my master must be very careful when he is shaving."

"So I sit quietly nearby and watch him with my eyes wide open. First he puts such funny soapy stuff all over him and then he takes it all off! One would think he enjoyed it because he puts it on for no other reason than to take it off again and evidently to have the pleasure of having it there just for a little while."

"I'd rather watch my master shave than play ball. That may seem strange to you, but it is perfectly true. And my master likes to have me around when he is shaving. He says I know how to behave."

"Well, you can imagine that I never misbehave when I know he feels that way about me. It's a good thing to be praised up once in a while. It makes a dog want to live up to that praise."

"The reason I'm nice is because I've nice, kind, gentle people about me. They're not always saying: 'Get that horrid dog out of the way.' If they did I would probably be a horrid dog. I greatly fear such would be the case."

"But I needn't think of such a thing. For I'm the happiest Boston Bull I do believe in all the world."

"I must tell you how I came to my missy. She had said she wanted a dog and my master had promised to get her one. He got me—not because I was beautiful, but because I looked sad and mournful, and my coat was not in good condition, and my eyes were running with a cold I had."

"It's not everyone who would take a dog like that and make him happy. They'd rather take a beautiful dog and not try to make a creature happy who was unhappy—and ugly."

"Well, my master took me home. My missy was surprised to see me because she had expected a beautiful



"Please Love Me."

dog. Well, I could feel how she felt. I was ashamed of myself, but it hadn't been my fault.

"She was very good to me, and a little while after my dinner she gave me a bath."

"As she was drying me I looked at her out of my eyes, which I imagine were very sad, and I tried to tell her with my eyes that I was sorry I wasn't more beautiful. I put my paws on her lap and I said, as well as I could: 'Dear Missy, please love me.' She says she did from that day to this, for I showed her I loved her and that I was happy. That was four years ago, and as the days go on I grow happier and happier."

"I do tricks, such as rolling over and sitting up in what my missy says is a very dignified way. It means distinguished and magnificent and fine, she says! I hope those words mean more to you than they do to me. But still I'm getting so there aren't so many words my missy and master use which I don't understand."

"My missy tells me in a low voice that there is a drink of water for me in the pantry and off I go for the drink of water. She doesn't have to scream at me."

"I can jump through her arms, too, when she makes them in the shape of a hoop."

"And my name—I was called Billy at first. It was the name my master gave me when he got me—I think to show me he felt I was manly and not such a horrid looking little pup as I appeared. And then as they loved me so they wanted me to feel like one of the family, and they added the name of Bugler, for my master and missy are known as Mr. and Mrs. Bugler, you know. It's just their name; it doesn't mean they blow bugles or anything like that."

"I think it's a lovely name, and that Billy Bugler is the most honorable name a dog ever had. I shall always try to live up to it—and here's a happy secret—my master and my missy love me as much as I love them!"

## The Test.

"I hope my chickens do not worry you by coming into your garden." "Oh, not at all. They pay me a compliment by showing me it comes up to the scratch."

# CAP and BELLS



## TOO MUCH COLOR.

"Your narrative is too highly colored," remarked the editor, returning the bulky manuscript.

"In what way?" inquired the disappointed author.

"Why," replied the editor, "in the very first chapter you make the old man turn purple with rage, the villain turn green with envy, the heroine turn red with anger, the coachman turn blue with the cold."—London Tit-Bits.



## ONWARD AND UPWARDS.

"What has become of the man who used to rock the boat?" "He has progressed with the times. He is not satisfied now unless he is musing up the equilibrium of an aeroplane."

## Eating or Sleeping.

A man is often like a horse. We've heard some people say: But surely both are happy when it's time to hit the hay.

## Considerateness Considered.

"Have I not been a considerate wife?" she asked, reproachfully. "Considerate!" he exclaimed bitterly. "In what way?"

"Has there ever been a night when you were out late that I haven't left the light burning for you?" "And you call that being considerate? You have—but who pays the bills?"

## The Big Audience.

"Haven't you time to go home and make a few speeches?"

"Yes," replied Senator Sorghum. "What I'm in doubt about is whether I'll have time to listen to all the speeches they're getting ready to make to me."

## Painful Topic.

"I'm afraid Miss Sereleaf did not enjoy the party."

"Indeed?" "An old friend of hers was among the guests, a lady who has three grown children. She kept referring to the time when she and Miss Sereleaf were girls together."

## Disadvantages.

"Here's a tribe in Africa, this article says, where the women have to speak a different language from their husbands."

"That's all right when they ask their husbands for money, but how about it when their husbands want to tell them to hold their tongues?"

## Sidetracked Into Prominence.

"How did you come to be leader of the village choir? You never could sing on the key."

"That's the reason. They made me leader so that I wouldn't have any excuse for trying to sing."



## A VERY PRESENT HELP.

"It's when a man is in trouble that he realizes the value of a wife." "Sure! He can put all his property in her name."

## Something Cheap.

The price of everything's so dear— It makes one almost weep; But one thing still remains the same— That's talk—as usual—cheap!

## One Better.

Manager—This magnet will draw three pounds of iron from a distance of ten feet.

Rube—That's not much. I know something that draws me every Sunday over three miles of plowed fields, and I weigh 125 pounds.

## Playing to a Crowd.

"Two is company, three is a crowd." "I like that adage," declared Yorick Ham. "It has frequently made me feel better when estimating the size of an audience out front."