

The KITCHEN CABINET



UNDoubtedly, we believe that spiritual virtues should concern us more nearly than material ones; but equally do we believe that if a thing be done, it had best be well done, except it be a canvasback duck; and no housewife ever lost her title to future bliss through the keeping of a good table while she was on earth.

—Owen Water.

Ways of Serving Curried Dishes.

In spite of its high seasoning, people who have lived in India are enthusiastic in their praise of curry. Although it is not expensive it may be made at home.

Curry Powder.—Take one ounce each of turmeric, coriander seed, white ginger, nutmeg, mace and cayenne. Pound all together and sift through a fine sieve. Bottle and cork well. To make an Indian curry, a rabbit, chicken or other delicate meat is required. For chicken curry, cover the chicken with boiling water, adding a bouquet of herbs and two large onions. Simmer gently for an hour and a quarter, removing the fat as it rises. Melt two tablespoonfuls of butter in a sauce pan, add two tablespoonfuls of flour and when well blended stir in the chicken broth. Add a teaspoonful or more of the curry powder with the flour. Beat the yolks of three eggs, stir in the gravy and the juice of half a lemon. Pour over the chicken and serve with a border of rice.

Curry of Mutton.—Fry one large onion, cut fine, in two tablespoonfuls of butter. Mix one tablespoon of curry powder, one teaspoonful of salt, one tablespoonful of flour and stir it into the butter and onion. Add gradually one pint of hot water or stock. Cut two pounds of lean mutton into small pieces and brown them in hot fat. Add them to the sauce and simmer until tender. Place the meat on a hot dish and arrange a border of boiled rice around the meat.

Curried Eggs.—Remove the shells from six hard-cooked eggs, cut in halves. Fry one teaspoonful of chopped onion in one tablespoonful of butter, add two tablespoonfuls of flour and half a tablespoonful of curry powder. Pour on slowly one and a half cupfuls of white stock, milk or cream; add salt and pepper to taste. Simmer till the onions are soft, add the eggs and when warmed through, serve in a shallow dish; or arrange the eggs on toast and pour the sauce over them. This may be used on any fish flaked and served as curried fish.

Curried Vegetables.—Cook one cupful each of potatoes and carrots, one-half cup of turnip cut in fancy shapes. Drain; add a half cup of peas and pour over the sauce made by cooking two tablespoonfuls each of onion and butter, remove the onion, add two tablespoonfuls of flour, salt, pepper and celery salt and a half teaspoonful of curry. Add gradually one cup of scalding milk and sprinkle with parsley.



REMEMBER this—that very little is needed to make a happy life. Suit thyself to the state in which thy lot is cast.

—Marcus Aurelius.

Recipes from Northern Europe.

Each country has its characteristic cookery, and a study of the dishes made in different sections of our country is most interesting.

Norwegian Cabbage Soup.—Take two pounds of the shin of beef, half a pound of salt pork, four onions, a root of celery, four quarts of water and a teaspoonful of salt. Boil three hours and then strain the broth and take off the fat. Melt a tablespoonful of butter in a saucepan, add a minced onion and a small cabbage cut fine. Stir and cook five minutes, then add a pint of the broth and cook one hour. Cut the meat in squares, thicken the broth with flour, cook, then add the cabbage and meat, pour the hot broth over it and serve.

Swedish Salmon Pastry.—Take two pounds of salmon cutlets, bread and fry brown. To two pounds of fresh pike, finely minced, add a teaspoonful of salt, a dash of cayenne, the juice and rind of a lemon, two beaten eggs and a tablespoonful of melted butter. Mix all together. Line a meat pie dish with pastry, spread a layer of the minced fish upon it, then the salmon with mushrooms between. Cover with the rest of the pike and lay on a cover of pastry, leaving a hole in the center. Bake one hour, then pour in a cup of white sauce or fish broth. Serve hot or cold.

Beef au Gratin (Polish).—Cut cold roast beef into strips the size of the finger. Mince four large onions and fry a light brown in butter. Add a tablespoonful of flour and a cupful of broth with three sprigs of parsley, minced. Lay the beef in a baking dish, the pieces crossing each other; on each layer put a spoonful of the onion and broth. Cover with a layer of bread crumbs, dot with bits of butter and bake 15 minutes in a quick oven.

Swedish Charlotte.—Cut a small sponge cake in thin slices and cover each slice with flavored sweetened whipped cream. Put the slices together in the shape of a leaf and cover with a meringue made of the whites of two eggs and five tablespoonfuls of powdered sugar. Brown in a slow oven and serve cold.

Nettie Maxwell.

WHITE AND BROWN NOUGATS

How the Two Varieties Are Made and What Ingredients Are Necessary.

There are two distinct varieties of nougats, white and brown. For the white take 10 ounces of sugar, 1 tablespoon of glucose, ¼ pound of almonds, blanched, dried and chopped, 2 ounces of chopped pistachio nuts, 1 teaspoonful of vanilla extract, 1 gill of water, whites of 2 eggs, 2 ounces of honey. Put honey into double boiler and when melted add stiffly beaten whites and stir the two together until it begins to get quite firm. Boll sugar, water and glucose together to 260 degrees if you like a soft nougat, and 265 degrees if you like it stiffer. Add this to honey and eggs, stirring quickly all the time. Add almonds and pistachio nuts and vanilla. Continue cooking till sugar breaks with a snap when tried in cold water. Pour into prepared frame or dish lined with wafer paper. Cover with wafer paper, then put a board on top and heavy weight on that. Then turn out and cut into bars with a sharp knife. Wrap each bar in wax paper or tinfoil. For cherry nougat add a few drops of red coloring and add 1 ounce of chopped cherries. For rose nougat color a delicate pink with red coloring and add a few chopped crystallized rose leaves.

For brown nougat, take ¼ pound of almonds, blanch, dry, chop and gently brown almonds. Put sugar, glucose and lemon juice together in a saucepan and melt without stirring. When sugar is quite liquid add nuts and mix well together. Turn mixture on oiled slab and roll thin. Cut into small squares.

EASY NOW TO OPEN CANS

Device of New York Man Will Do Away With Much That Has Caused Complications.

A new kind of can opener has been designed by a New York man. It is radically different from the types heretofore in use and resembles nothing so much as a nut cracker. A pair of levers are pivoted together at one end. On one of the levers is a spike, which is thrust into the top of



the can and holds that arm stationary for the other to revolve upon. The other lever has notches along it and has a movable cutter device with projections on the inside to engage the notches and hold it in a particular place. This arm of the implement describes a circle and as it does so the blade shears through the tin and removes a circular piece, leaving the piece fast by one small strip which can act as a hinge or can be broken off and the top entirely removed. The cutter can be adjusted so that the circle described is the size of a small or large can or comes within the boundaries of a rectangular can. The device is said to be much easier of operation than the openers which are pumped up and down along the edge of the can.

Shirt Waist Ironing.

It is difficult to iron between the buttons on the shirt waist without breaking them loose or leaving a puckered edge. A good plan is to have a very thick, narrow pad of flannel or cotton flannel to slip under the right side for the buttons to stick into while you iron the wrong side, then run the iron once around the outside edge on the right side.

Almond and Cheese Patties.

Mix together one cupful milk curd or cottage cheese, one cupful almonds blanched and pounded to a fine paste, one-half cupful each cream and sugar, the well beaten yolks of three eggs, and a teaspoonful of rose flavoring. Fill patty pans lined with a good paste and bake in a moderate oven about ten minutes.

Marble Cake.

Whites of 2 eggs, 1 large cup sugar, ½ cup milk, ¼ cup butter, 2 cups flour, 1½ teaspoonfuls baking powder. Take most half and add 3 tablespoonfuls of molasses, yolks of the eggs and 1 teaspoonful of all kinds of spice.

Indian Cake.

Two cups of meal one cup of flour, two eggs, one pint of sour milk, one teaspoonful of soda, half cup of molasses, salt. In using sour milk, always take one teaspoonful of soda to a pint of milk.

White Pot Pudding.

Four level teaspoons cornmeal, six tablespoonfuls molasses, two eggs, one quart milk, little salt. Cook in a double boiler, keeping water in lower portion just at boiling heat. Serve hot.

Mistletoe is Dangerous.

Few people who know mistletoe only as a desirable feature of Christmas decorations understand that the plant is a parasite dangerous to the life of trees in the regions in which it grows. It is only a question of time, after mistletoe once begins to grow upon a tree before the tree itself will be killed. The parasite saps the life of the infected branches. Fortunately, it is of slow growth, taking years to develop to large proportions, but when neglected, it invariably ruins all trees it reaches.

English Women Smoke Pipes.

The latest fancy of the woman-smoker is a pipe—not the tiny affair that suffices for the Japanese, but a good-sized brier or a neat meerschaum. The pipe is boldly carried along with a gold card case and chain-purse. For some time now the cigarette has given place to a cigar, small in size and mild in quality. Women said they were tired of the cigarette, and wanted a bigger smoke. —London Mail.

Cripple Rides Bicycle.

George Anstey, aged 12, a cripple, of Leicester, England, is one of the most remarkable cyclists in the country. Both his legs are withered and useless, but the Leicester Cripples' Guild has provided him with a two-wheeled pedalling machine, with a padded tube covering the axle bar. Across this he lies face foremost, and with wooden clogs strapped to his hands he propels himself along the streets and roads in a marvelously rapid manner. He has complete control of the machine, his hands acting as pedals, steering gear, and brake combined.

Pretty Good Definition.

We hear some funny things in Fleet street sometimes, and the following definition of the height of aggravation, by a gentleman in rather shaky boots, whom we encountered in a well-known hostelry the other day, struck us as being particularly choice.

"The 'eight of aggravation, gentlemen," said this pithy humorist, setting his pewter on the counter and looking round proudly, with the air of one about to let off a good thing, "the 'eight of aggravation—why, trying to catch a flea out o' yer ear with a pair of boxin' gloves." —London Tit-Bits.

An Alaskan Lichen.

Runners of woven Indian basketry, with white drawnwork dollies at each of the 12 covers, were used on an oval mahogany table. The dollies were made at Sitka. In the middle of the table a mirror held a tall central vase of frosted glass, surrounded by four smaller vases, all filled with white spring blossoms. The edge of the mirror was banked with the same flowers. Four totem poles were placed on dollies in the angles made by the runners.

Place cards were water colors of Alaskan scenery. Abalone shells held salted nuts, and tiny Indian baskets held bonbons. The soup spoons were of horn, several of the dishes used were made by Alaskan Indians, and the cakes were served on baskets.

The menu was as follows: Poisson a la Bering Sea (halibut chowder), Yukon climbers (broiled salmon, potatoes Julienne), snowbirds avec auroraborealis (roast duck with jelly), Shungnak river turnips, Tanana beets, Skagway hash (salad), Fairbanks nuggets (ripe strawberries arranged on individual dishes around a central mound of powdered sugar), arctic slices (brick ice cream), Circle City delights (small cakes), Klondike nuggets (yellow cheese in round balls on crackers), Nome firewater (coffee). —Woman's Home Companion.

Acknowledgment.

"You will admit that you owe a great deal to your wife?" "I should say so," replied Mr. Cumrox. "I wouldn't be invited to any of her receptions or musicales if I wasn't married to her."

Disqualified.

Her—My brother won first prize in that amateur guessing contest, but they ruled him out as a professional. Him—A professional? Her—Yes. He's employed in the government bureau, you know.

Lightning Change.

The Manager—Can you make quick changes and double in a few parts? The Actor—Can I? Say, you know the scene in "Love and Lobsters," where the hero and the villain are fighting, and a friend rushes in and separates 'em? Well, I played all three parts one night when the other two fellows were ill.

Not Altogether Dead.

Mr. Robert Butler of Marlborough, England, has had the peculiar experience of hearing his death announced. He was attending the poor law conference at Exeter when one of the delegates moved that, in consequence of the death of Mr. Butler, which they all regretted, another gentleman, whom he named, should be appointed to fill his place as one of the representatives of Wiltshire on the central committee. Mr. Butler rose from his place on the platform and announced to the conference, amid much amusement, that, so far as he was aware, he was still alive and in good health, and would be pleased to continue in the office if the conference desired.

Bankers and Bank Notes.

Four men, three of whom were connected with brokerage concerns in the Wall street district, were discussing United States paper currency and the disappearance of counterfeits. "We are so sure nowadays," said one of the party, "as to the genuineness of bills that little attention is paid to them in handling, except as to denomination." To prove his assertion he took a \$10 yellowback from his pocket, and, holding it up, asked who could tell whose portrait it bore. No one knew, and by way of coaching the broker said it was the first treasurer of the United States. Again no one knew the name. "Why, it's Michael Hillegas," said the man proudly. "But in confidence, I'll tell you, I didn't know it five minutes ago." —New York Tribune.

Vivid at Least.

Dr. Hiram C. Cortlandt, the well-known theologian of Des Moines, said in a recent address:

"Thomas A. Edison tells us that he thinks the soul is not immortal; but, after all, what does this great wizard know about souls? His forte is electricity and machinery, and when he talks of souls he reminds me irresistibly of the young lady who visited the Baldwin locomotive works and then told how a locomotive is made.

"You pour," she said, "a lot of sand into a lot of boxes, and you throw old stove lids and things into a furnace, and they you empty the molten stream into a hole in the sand, and everybody yells and swears. Then you pour it out and let it cool and pound it, and then you put it in a thing that bores holes in it. Then you screw it together, and paint it, and put steam in it, and it goes splendidly; and they take it to a drafting room and make a blue print of it. But one thing I forgot—they have to make a boiler. One man gets inside and one gets outside, and they pound frantically; and then they tie it to the other thing, and you ought to see it go!"

That Suit for Libel

Against the Postum Cereal Co., Ltd., Gave a Splendid Chance to Bring Out Facts

A disagreement about advertising arose with a "weekly" Journal. Following it, an attack on us appeared in their editorial columns, sneering at the claims we made particularly regarding Appendicitis.

We replied through the regular papers and the "weekly" thought we hit back rather too hard and thereupon sued for libel.

The advertisement the "weekly" attacked us about claimed that in many cases of appendicitis an operation could be avoided by discontinuing indigestible food, washing out the bowels and taking a predigested food Grape-Nuts.

Observe we said MANY cases not all. Wouldn't that knowledge be a comfort to those who fear a surgeon's knife as they fear death?

The "weekly" writer said that was a lie. We replied that he was ignorant of the facts.

We was put on the stand and compelled to admit he was not a Dr. and had no medical knowledge of appendicitis and never investigated to find out if the testimonial letters to our Co. were genuine.

A famous surgeon testified that when an operation was required Grape-Nuts would not obviate it. True.

We never claimed that when an operation was required Grape-Nuts would prevent it. The surgeon testified bacteria [germs] helped to bring on an attack and bacteria was grown by undigested food frequently.

We claimed and proved by other famous experts that undigested food was largely responsible for appendicitis.

We showed by expert testimony that many cases are healed without a knife, but by stopping the use of food which did not digest, and when food was required again it was helpful to use a predigested food which did not over-tax the weakened organs of digestion.

When a pain in the right side appears it is not always necessary to be rushed off to a

hospital and at the risk of death be cut. Plain common sense shows the better way is to stop food that evidently has not been digested.

Then, when food is required, use an easily digested food. Grape-Nuts or any other if you know it to be predigested (partly digested before taking).

We brought to Court analytical chemists from New York, Chicago and Mishawaka, Ind., who swore to the analysis of Grape-Nuts and that part of the starchy part of the wheat and barley had been transformed into sugar, the kind of sugar produced in the human body by digesting starch (the large part of food).

Some of the State chemists brought on by the "weekly" said Grape-Nuts could not be called a "predigested" food because not all of it was digested outside the body.

The other chemists said any food which had been partly or half digested outside the body was commonly known as "predigested."

Splitting hairs about the meaning of a word. It is sufficient that if only one-half of the food is "predigested," it is easier on weakened stomach and bowels than food in which no part is predigested.

To show the facts we introduce Dr. Thos. Darlington, former chief of the N. Y. Board of Health, Dr. Ralph W. Webster, chief of the Chicago Laboratories, and Dr. B. Sachs, N. Y.

If we were a little severe in our denunciation of a writer, self-confessed ignorant about appendicitis and its cause, it is possible the public will excuse us, in view of the fact that our head, Mr. C. W. Post, has made a lifetime study of food, food digestion and effects, and the conclusions are endorsed by many of the best medical authorities of the day.

Is it possible that we are at fault for suggesting, as a Father and Mother might, to one of the family who announced a pain in the side: "Stop using the food, greasy meats, gravies, mince pie, cheese, too much starchy

Echoes of Munchausen.

It was an absent-minded traveler who had lately taken to ballooning. "Yes," he observed impressively, "it was a fearful journey. The machine, a thousand feet up, and no mere ballast, headed straight for Siberia, and the rarefied air—well, you know as well as I do what effect that has on a balloon. Yes, the peril was terrible." Then the old habit was too strong for him. "The wolves detected our presence. A desperate race ensued. We felt their hot breath on the nape of our necks." —London Globe.

Largest of Whales.

The largest whale of its type of which there is scientific record was captured recently off Port Arthur, Tex. He measured sixty-three feet in length, and was estimated to be about three hundred years old. Captain Cob Plummer, mate of a United States pilot boat, sighted the monster in the shoals off the jetties, and the crew of his vessel captured the mammal. The huge body was towed ashore, exhibited and much photographed before being cut up.

Rat Bounty Excites Merriment.

Seattle, fearing the introduction of bubonic plague by rats, has offered a bounty of ten cents a rat. This moves Tacoma, safe from infection from the sea, to raucous laughter, and the Ledger says that the bounty, "though not intended for rodents of Tacoma, Everett, Bellingham and other populous and busy centers, has been finding its way into the pockets of non-residents of Seattle for non-resident rats. But the joke would be on us if it were found that our rat population had found its way into the Seattle census."

Two Very Old Ladies.

We have heard a great deal lately about long-lived people, but it is probable that the oldest two people in the world today are Frau Dutkewitz and another old lady named Babavassika. The former lives at Posem, in Prussian Poland, and was born on February 21, 1785. She is therefore one hundred and twenty-five years old. The latter, however, is nine months her senior, having been born in May, 1784.

She is still a fairly hale old woman, and for nearly one hundred years worked in the fields. Her descendants number close on 100, and these now make her a joint allowance. She lives at the village of Bavelko, whose neighborhood she has never quitted during the whole of her long life. She remembers events which happened at the beginning of last century much more clearly than those of the last 40 years. —Dundee Advertiser.

Too Ardent a Lover.

Georgotto Fontano, an embroiderer who lives in the Rue Sevres in Paris, has found himself condemned to a month's imprisonment for what seems to her a harmless act.

She was going home from a concert a few evenings ago when she decided she would like to see her fiancé. As he happens to be a fireman whose station is in her own neighborhood it occurred to her it would be very easy to summon him to her side by breaking the glass of the fire alarm and sounding a call.

She did so and in a few moments fire engines came from several directions, all laden with firemen, of course, but alas! her fiancé was not among them, and more than that all the firemen were angry, and before she knew what had happened she was taken to a magistrate, who proceeded to make the course of true love run unsmoothly by sending her to prison for a month in spite of her tears and protests that she thought it would be a simple way of bringing her fiancé to her side.

The Bright Side.

Nebuchadnezzar was lurching in his accustomed style. "All flesh being grass," he reflected, "this must be Beef a la Mowed." And chucking hoarsely, he took another chaw.—Puck.

Kindly Intentions.

"A man who enjoys seeing a woman in tears is a brute." "I don't know about that," replied Miss Cayenne. "One of the kindest husbands I know takes his wife to see all the emotional plays."

Takes Himself Seriously.

Nicola Tesla, dining by himself in a hotel's great dining room, takes a table where he can be seen. Throughout his meal he wears a deeply studious, a completely absorbed, attitude. He may bring to the table a portfolio filled with papers. These he may scan with prolonged solemnity. In any event, he sits an eloquent tableau of profundity. —New York Press.

Holidays in the States.

Washington's birthday is a holiday in all states. Decoration day in all states but Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee and Texas. Labor day is observed everywhere. Virtually every state has legal holidays having to do with its own special affairs—battle of New Orleans in Louisiana, Texan independence and battle of San Jacinto in Texas, Admission day in California, and so on. Mississippi is like the federal government in lack of statutory holidays, but by common consent Independence day, Thanksgiving and Christmas are observed. A new one is Columbus day in a few of the states.

Planting Wedding Oaks.

Princess August Wilhelm, wife of the kaiser's fourth son, has set herself the task of reviving one of Germany's oldest customs, that according to which newly wedded couples immediately after the marriage ceremony plant a couple of oak saplings side by side in a park or by the roadside of their native town.

The town of Mulchausen, in Thuringia, is the first to respond to the princess' appeal. A municipal official appears at the church door after every wedding and invites the bride and bridegroom to drive with him in a carriage to a new road near the town and there plant oak saplings.

The tree planting idea was started by a former elector of Brandenburg with the object of repairing the ravages caused by the 30 years' war. The elector forbade young persons to marry until they had planted a number of fruit trees.

An Unnecessary Confession.

A hearty laugh was occasioned at the Birmingham police court by a prisoner who gave himself away in a very delightful manner. The man was the first on the list, and the charge against him was merely one of being drunk and disorderly. He stepped into the dock, however, just at the moment when the dock officer was reading out a few of the cases which were to come before the court that morning, and a guilty conscience apparently led him to mistake these items for a list of his previous convictions.

He stood passive enough while the officer read out about a dozen drunk and disorderly, but when he came to one "shopbreaking" the prisoner exclaimed excitedly: "That was eight years ago, your honor." Everyone began to laugh, and the prisoner, realizing the blunder he had made, at first looked very black indeed, but finally saw the humorous side of the matter, and a broad smile spread over his face. His blunder did not cost anything. —Birmingham Mail.

food, etc., etc., which has not been digested, then when again ready for food use Grape-Nuts because it is easy of digestion?"

Or should the child be at once carted off to a hospital and cut?

We have known of many cases wherein the approaching signs of appendicitis have disappeared by the suggestion being followed. No one better appreciates the value of a skillful physician when a person is in the awful throes of acute appendicitis, but "an ounce of prevention is worth a pound of cure."

Just plain old common sense is helpful even nowadays.

This trial demonstrated Grape-Nuts food is pure beyond question.

It is partly predigested.

Appendicitis generally has rise from undigested food.

It is not always necessary to operate.

It is best to stop all food.

When ready to begin feeding use a predigested food.

It is palatable and strong in nourishment.

It will pay fine returns in health to quit the heavy breakfasts and lunches and use less food but select food certainly known to contain the elements nature requires to sustain the body. May we be permitted to suggest a breakfast of fruit, Grape-Nuts and cream, two soft boiled eggs, and some hot toast and cocoa, milk or Postum?

The question of whether Grape-Nuts does or does not contain the elements which nature requires for the nourishment of the brain, also of its purity, will be treated in later newspaper articles.

Good food is important and its effect on the body is also important.

"There's a Reason"

Postum Cereal Co., Ltd.,
Battle Creek, Mich.