

# The KITCHEN CABINET



**OUT** of eternity  
This new day is born  
Into eternity  
At night will return.  
Behold it aforeside  
No eye ever did  
So soon it forever  
From all eyes is hid.  
So here hath been dawning  
Another blue day;  
Think, wilt thou let it  
Slip useless away?  
—Thomas Carlyle.

## GOOD THINGS FOR THE TABLE.

A delicious filling for cakes which will always be asked for again is Lemon Honey. Grate the rinds of three well-scrubbed lemons, press out and strain the juice; put all together in a double boiler, add a quarter of a cup of butter and a half pound of sugar. When very hot mix two spoonfuls with the well-beaten yolks of six eggs. Then add the eggs to the mixture and stir until smooth and thick. This filling will keep in a cool place for some time.

**Sea Foam Popcorn.**—Discard all unpopped kernels from four quarts of corn and place in the oven to warm. As soon as a cup of granulated sugar and a quarter of a cup of water boils take from the fire and add a few drops of pistachio coloring, then pour over the corn in a fine stream. Stir briskly and sprinkle with powdered sugar to separate the grains, then turn out on waxed paper.

**Steamed Fruit Roll.**—Roll good rich biscuit dough half an inch thick, spread with butter and a layer of good jam or marmalade. Roll tight and place in a steamer on a plate and steam for half an hour. Serve with any desired sauce.

**Burnt Almond Fudge.**—Brown blanched almonds in the oven and chop enough to fill a cup. In a granite pan brown a cupful of granulated sugar well melted; add two-thirds of a cup of milk, and when the sugar is all dissolved, add a tablespoonful of butter and another cup of sugar. Boil for five minutes, then test in cold water; if creamy when stirred, the candy is done. Flavor with a few drops of almond extract, and turn out to cool in a buttered dish.

**Gelatine Filling for Cake.**—Dissolve two tablespoonfuls of granulated gelatine in a tablespoonful or two of cold water. Boil two cups of granulated sugar and eight tablespoonfuls of water until it threads; pour over the gelatine, flavor, then beat till thick and white. Add a little chopped chrysanthemum.

Oh, what is life without a friend  
To dissipate the gloom?  
A path where naught but briars grow,  
Where flowers never bloom.  
The friends who make this desert world  
To blossom as the rose;  
Strew flowers o'er our rugged path,  
Four sunshine o'er our woes.

## SOME GELATINE DESSERTS.

Gelatine is the foundation for countless jellies and desserts, which may be varied indefinitely.

**Prune Jelly.**—Wash half a pound of prunes, put them into a small basin, add half a cup of water; put on the cover and steam until they are soft. Remove the stones and place the prunes in wet molds. Put one heaping tablespoonful of powdered gelatine into a saucepan, add one cup of boiling water, one cupful of fruit juice, the strained juice of two oranges and one tablespoonful of lemon juice. Stir over the fire until the sugar is dissolved, after which it should be strained over the prunes. Serve with a spoonful of whipped cream on the top of each.

Few realize the value of dainty serving of food. A dessert may be nicely prepared, be delicious to the taste, but in serving it may be put upon the table in such a messy, untidy, careless way that the value of it is half lost. The eye is the first organ of digestion, let us constantly keep this in mind and have our food tempting to the sight.

**Fruit Trifles.**—Cut some pieces of cake into small pieces or bits and divide it in sherbet glasses, with two tablespoonfuls of pineapple juice to each glass. Break two eggs into a saucepan, add two tablespoonfuls of sugar, two tablespoonfuls of gelatine, two tablespoonfuls of powdered sugar, a teaspoonful of vanilla. Stir over the fire until the egg is thick; strain over the cake. When cool, put a few bits of fresh fruit over the top, and serve.

**Grape Fruit Jelly.**—Take three cupfuls of grape juice and pulp, two tablespoonfuls of lemon juice, half a cup of sugar, one and a half cups of water, four tablespoonfuls of gelatine. Put the gelatine into the water for a few minutes to soften, then add the

other ingredients and heat slowly over a slow fire until well dissolved, then strain into well chilled grape fruit skins. Sprinkle with preserved ginger, and cover with whipped cream when serving.

Remembrances to bless,  
So many little faults we find;  
We see them, for not blind  
is love; we see them, but if you and I  
Perhaps remember them some by and by  
They will not be  
Faults then—grace faults—to you and me,  
But just odd ways, mistakes, or even  
less.  
Remembrances to bless.

## THE GIRL AND THE CHAFING DISH.

For pure enjoyment, give us a chafing dish with a few good materials to prepare, and a good time will surely be the answer. From soups to lobster salad; there is nothing the mind of a woman will not dare. The accompaniments of sandwiches and relishes are, of course, essential.

For the young woman who entertains her girl friends at college or away from home, canned things are the best and easiest to prepare. Many delicious dishes may be prepared from canned chicken, lobster, salmon and peas.

**Chicken Wiggle.**—Melt a tablespoonful of butter, add two tablespoonfuls of flour, and when smooth add a pint of milk very slowly, and boil. Then add a can of chicken, a can of peas, salt, pepper, and just before serving, a beaten egg. Shrimp Wiggle is prepared the same way, using shrimps instead of chicken.

**Salmon Hollandaise.**—Melt a table spoonful of butter, add a tablespoonful of flour, and when smooth add a can of salmon and a can of peas. Stir until hot. Serve with lemon or put lemon juice into the dish before serving. Serve on crackers.

A spread without candy is not to be thought of. One nice candy which is made without cooking is the following: Take a half pint cup, drop into it a white of egg, then pour in cold water to half fill the cup. Stir until it is foamy, then mix as much powdered sugar into it as it will hold, until it can be handled. Then add flavor, color. Add fruit to make a variety of kinds.

**Delicious Salad.**—To go with any spread this will honor the occasion: A can of shredded pineapple drained from its juice, two cups pecans and half a pound of marshmallows. Mayonnaise with whipped cream to soften it. This should really be called Ambrosia, a dish for the gods.

A friendly look is a better hook  
For precept than you'll find  
'Monte the sages wise, or the libraries  
With their priceless wealth of mind.  
—Alexander H. Japp.

## TRY THIS ONE.

If you haven't looked for this recipe you will be glad to have it after you have tried it. Mix together a cup of butter, a fourth of a pound of powdered sugar and a pound of flour. Roll out a quarter of an inch thick, prick with a fork and bake a golden brown. This is Scotch short bread. Rice flour is best for this if it can be obtained.

**Peanuts and Rice.**—Two cupfuls of rice (cooked), cupful of peanut butter, a cupful of cracker crumbs, one-half cupful of milk and two eggs. When the rice is well cooked and salted, stir in the peanut butter, stirring until well blended; then add the milk, the eggs well beaten, and lastly all the cracker crumbs, leaving some for the top. Shape into a rounding loaf, place in a buttered pan and bake until a golden brown all over. Serve garnished with parsley.

**Nut Mince Pie.**—Chop two cupfuls of apples, add a cup of nutmeats, cut fine, a half cup of vinegar, cider, or any fruit juice, one-half cup of sugar, one cupful of raisins, cloves, cinnamon and allspice, with salt to taste. This will make two pies.

**Bran Bread.**—Sift two cupfuls of flour into a basin, add two cupfuls of bran, two cupfuls of sour milk, a cup of brown sugar, a cup of chopped raisins, a teaspoonful of soda dissolved in the milk, and half a teaspoonful of salt. Turn into a buttered pan and bake one hour in a moderately hot oven.

**Onion and Pepper Salad.**—Chop six green peppers and one large Bermuda onion very fine; add salt, pepper and a bit of mustard, a cup of olive oil and the juice of a lemon, well mixed. Add an inch of preserved ginger cut very fine. Serve on a bed of lettuce, very cold.

*Nellie Maxwell.*

**Papa's Busy Day.**  
"Papa, to which one of them shall I say yes?"  
"Good heavens! Aren't you old enough to look a man up in Bradstreet without bothering me about it?"

**Sizing Up the Situation.**  
"So she was untrue to the man she was engaged to?"  
"Yes, you see he drinks, smokes and gambles."  
"Oh, I see. She was too good to be true."

**Main Thing.**  
"I told the women I would make any sacrifice for her if she would only make her home with me."  
"Did you love her so?"  
"Love her? Of course, I didn't. She was the good cook we wanted."

**Luck.**  
"Brown seems to have all the luck."  
"What's the matter now?"  
"He's been ordered to take a trip west for his health. Nothing like that ever happened to me."

## MONUMENT TO SANTOS DUMONT UNVEILED



Santos Dumont is one of the few men to witness the unveiling of a monument to himself. This monument was erected in Paris by the Aero Club of France to commemorate the achievements of the intrepid master of the air, who is seen in the center foreground shaking hands.

## SPIES INSIDE PRISON

### How Plots Among Prisoners Are Discovered by Agents.

**Sleuth in Convict's Garb—"Green Hand" is Appointed by English Prison Commissioners, and Does Effective Work.**

New York.—More roguery goes on behind the walls of a convict prison than most persons imagine.

Instead of blunting a man's mental faculties and deadening his wits, incarceration in one of the frowning fortresses with the gray, grim exterior often has the reverse effect. Solitude makes a man more cunning than ever. Plots are hatched, future crimes planned, and the whereabouts of stolen property divulged to a convict about to return to the world, and cases are not infrequent where warders who are in league with their charges supply them with food, tobacco, snuff, communications from the outside world and other little comforts for handsome money considerations.

On the governor in English prisons, of course, devolves the duty of ruling, says a writer in the New York Telegraph. The discipline to the untrained eye may appear perfect, the code of rules seemingly all that can be desired, and the staff beyond reproach. But appearances are deceptive, and the governor is sometimes brought face to face with cases which baffle all his powers of discernment.

It is on these occasions that the services of the secret staff, of which I was for some years a member, are enlisted. It is an organization of which little is heard. Composed of a number of officers holding the rank and receiving the pay of principal warders, the duty of these men is to assume for the time being the role of convict in any prison where the authorities are baffled by some mystery.

This is how I joined the secret service staff. After leaving the army with a good character, I applied for a post as assistant prison warder, filled up a form answering a lot of questions and inclosed copies of my testimonials. As I only received a formal acknowledgment I called at the office of the prison commissioners, and, being told that I would be written to when my services were required, I was retiring very unhappily. Just then, however, a keen faced man, with a bundle of papers in his hands, recalled me into a private room, and asked me if I would undertake the duties of one of the secret service staff for a time.

Having been idle for months, I agreed gladly. And then the official told me something of the arduous, dangerous and difficult work which was to fall to my lot.

In accordance with his first instructions, I reported myself on the following day at 5 a. m. at a certain convict prison, prepared for a three weeks' stay. I was ushered into a private room, my clothes were taken away, my hair cropped, and a convict's suit was given to me. A few moments later I stood in the presence of the governor, and only the... was the exact nature of my mission detailed to me.

The story was that the officials had been baffled by an extensive secret correspondence which had been carried on. The secret service staff had been sent down twice, and on each occasion their efforts had failed to detect the offenders. It was accordingly resolved to employ a perfectly green hand. Hence my selection.

The governor gave me an address

in Stepney where my supposed friends were residing, my number which would at any time disclose my identity, and some good advice. Then, touching a bell, he summoned a warder, who conducted me through a long passage, opened a cell door and motioned me to enter. I tried to speak, but he angrily forbade me to do so.

The next day I commenced my campaign by sounding the warder who had charge of me to see if he were "amenable to reason." A stern reproof was my only reward. A day or two afterward, while on the work outside, I got reported for attempting to enter into "familiar conversation" and received a caution from the deputy governor. Later on, when a principal warder remarked on the blistered state of my hands, I replied that I had plenty of money outside to keep me from working, if I could get at it. He did not swallow the bait. Instead he "ran me in," and I lost my supper.

For over a week I discovered nothing, but by dint of patience and perseverance, and not a little deduction I found the warder who was willing for \$25 to carry a message to my friends in Stepney. All the details were arranged, and, securing leave, the man departed. But when he arrived at his destination he found the governor and other officials awaiting him, and confessing that he was the man who had acted as intermediary in the case which had been puzzling the authorities, he was dismissed from the service.

## LEWIS' BAGGAGE GOES WRONG

**Illinois Senator's Luggage Placed in Woman's Auto Through Mistake of Footman.**

Washington.—Senator J. Hamilton Lewis arrived unheralded from Chicago. A porter took his baggage, preceded him from the train and vanished. "A footman took them, sir," said the porter, when the angry senator descended on him. "He put them in that automobile. There's a lady in it, sir."



Senator J. H. Lewis. Mrs. Lewis is in Europe. The senator was in a quandary. "Here you," he said to the porter, "get me those bags, do something—only get them."  
The porter got them, and the senator fled the station in a taxicab.

**Find Four-Foot Lizard.**  
Cumberland, Md.—A four-foot lizard, still alive and known only in the tropics, was unearthed by a blast at the Cement Mill kilns here. It died from the effects of the blast.

## INSTINCT ONLY GUIDE

Birds and Insects That Occasionally Make Blunders.

Feathered Creatures Accused of "Unwisdom" in the Selection of Sites for Nests—Ant is Not Always Wise.

London.—The wisdom of the "little people" is a subject of never falling charm to those who love them, and it is with a certain degree of hesitation that I draw your attention to one or two curious instances of what may be termed "unwisdom," says a writer in the London Weekly Telegraph. They are worth studying, because they throw some light on the vexed question of instinct versus reason. No subject is better worth attention, none more frequently misunderstood, for many an action which we carelessly assign to intelligence is really the result of instinct.

A bird does not learn to build a nest nor does it reason out the best way of setting to work. It simply follows its instinct and acts as countless generations of its kind have done in the past. Remember such a busy worker cannot be said to be following the example of its parents since it never saw them at work. Even better instances of this may be found among the teeming members of the insect world, for they are usually orphaned at the time of their birth, yet they contrive to carry out the most complicated work with no one to guide them, and no pattern before them.

Wisdom, then, is clearly a word which must not be too lightly used, and, perhaps, I ought not to accuse the little workers of lack of it, but rather of occasional blunders. Exact terms are always dangerous things to deal with, for they tempt one to wander into the maze of definition, and once there it is difficult to get away again.

The man who knows more of the ways of spiders than, perhaps, any one else in the world—of course, I mean M. Faber—for a long time studied the habits of that maternal spider which carries a sort of egg basket about with her, instead of depositing her eggs in a suitable spot and leaving them alone. The spider in question has come in for much praise, the tender solicitude she betrays for her future brood being beautiful. Alas, when she is made the victim of a sort of practical joke, and has a little round of cork given her instead of her precious treasure, she carries it just as carefully, and never finds out the difference.

Ants, in spite of their vaunted "wisdom," may be tricked in much the same way, being made to carry such lumber as beads under the impression that they are harvesting. Their mistake, however, is not as sad in its results as that of the fly, which lays its eggs on the evil smelling carrion plant under the impression that it has found a particularly putrid, and therefore desirable, piece of meat.

Birds occasionally, though only occasionally, make sad blunders in their choice of a nesting site, some of the water fowl laying in a spot which is pretty sure to be under water before the eggs are hatched. Again, in some instances, two cuckoo eggs have been discovered in the same nest, and the bird has been blamed for making such a mistake as to imagine that two children of hers could possibly occupy such cramped quarters. I am not satisfied that this criticism is fair, because it is possible that the eggs are those of two rivals, though even then it might be argued that the second bird ought to know better than to choose a nest already engaged. That she should fail to do so is, perhaps, yet another example of this most unmotherly bird's brutal indifference to her offspring's future. She really is shocking.

But, perhaps, the strangest blunder of all is that made by the lemming, which marches in its thousands down to the sea, and, to all intents and purposes, commits the crime of felo-de-se. If he really means to end his days there we cannot fairly describe the action as a blunder. The general opinion is, however, that the deed is the result of a mistake—surely the most gigantic ever made. The lemming, however, is too interesting a creature to be dismissed lightly. He must have a paragraph to himself some day. He is the strangest and most persistent suicide that ever died.

**Carpenters Interrupt Sermon.**

Passaic, N. J.—Just as the Rev. John Nieminga of the Christian Reformed church, had announced the text of his sermon, eight carpenters began hammering and thumping in an adjoining house. The minister gave it up, dismissed the congregation and called the police. The carpenters were fined \$2.50 each for violating the Sunday law.

**Lures Birds to Death.**

Gary, Ind.—The great standpipe, which dissipates waste gas of the coke ovens at the Gary steel works by a constant flame, is proving to be the undoing of hundreds of birds. Northern birds now on their way south for the winter are attracted by the flame, and as they near it the gas fumes kill them.

**Beans Get Man Into Jail.**

Boston, Mass.—"I'll throw a rock through a window every time I go into a restaurant and get charged 15 cents for a plate with only 42 beans on it," declared Joseph Mack, who was arrested for hurling a stone through the window of a beanery here. Mack said he counted the beans. He was sentenced to two months in jail.

## Be Thankful

If you are able to eat without distress and your liver and bowels are daily active, but to those not "in this class" we urge a trial of

## HOSTETTER'S Stomach Bitters

It is compounded especially for relieving such ills as Poor Appetite, Weak Digestion, Constipation, Biliousness, Colds and Grippe. Try a bottle today.

## GO NOW TO WESTERN CANADA

The opportunity of securing free homesteads of 160 acres each, and the low priced lands of Manitoba, Saskatchewan and Alberta, will soon have passed.

Canada offers a hearty welcome to the settler, to the man with a family looking for a home, to the farmer's son, to the renter, to all who wish to live under better conditions.

CANADA'S GRAIN YIELD IN 1913 is the talk of the world. Luxuriant Grasses give cheap fodder for large herds; cost of raising and fattening for market is a trifle.

The sum realized for Beef, Butter, Milk and Cheese will pay fifty per cent on the investment.

Write for literature and particulars as to reduced railway rates to Superintendent Immigration, Ottawa, Canada, or to

**W. V. BENNETT,**  
See Building, Omaha, Neb.

## CREDIT GIVEN TO THE WIFE

Good and Sufficient Reasons Why Married Man Lives Longer Than the Bachelor.

It is a good thing for a man to have a wife to look after his ingoings and outgoings—to enforce regularity in his mode of living—to see that he is clothed according to the requirements of the temperature, and takes his umbrella when there is likelihood of showers, and gets good meals at stated hours.

Jacques Bertillon, the French expert on occupational mortality, has found that low death rates occur particularly in occupations in which the workman is under more or less supervision as regards not only health but also habits of life, and in which he is surrounded by influences tending to prevent dissipation, and conducive to regular hours and regular habits. Bank clerks and fiduciary employees who feel their responsibilities are types of this. Bertillon attributes much the same influence to marriage and family life. The married man is supervised by his own good, and, having added incentives to self-restraint and to the care of his health, he has a lower mortality than the bachelor.—Journal of the American Medical Association.

In Merrie England.  
He—And—ah—when did you come out?  
Debutante—Oh! But I was never in. I'm not a militant, you know.—Punch.

## What are Post Toasties?

Thin wafery bits of choice Indian Corn—perfectly cooked; delicately flavoured; then toasted to an appetizing golden brown, and packed in tightly sealed packages without being touched by hand.

"Toasties" are for breakfast or any other meal—served direct from package with cream or milk, and a sprinkling of sugar.

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But after all, a trial is the best answer.

Grocers everywhere sell

## Post Toasties