

# The KITCHEN CABINET

We are apris clad in veils.  
Man by man was never seen;  
All our deep communing falls  
To remove the shadowy screen.

## SOME CHERISHED RECIPES.

We are apt to forget the composition and preparation of many of the delicious old dishes of our grandmothers, so it is wise to use them occasionally so they may not be entirely forgotten.

**Rivel Soup**—Put a quart of milk on to scald. Beat an egg until light, pour, drop by drop, into two tablespoonfuls of flour, well mixed with one teaspoonful of chopped nuts and a teaspoonful of salt. Stir with a fork, and when well mixed roll the rivels with the hands. Drop the rivels into the milk, and when boiled serve at once.

**Apple Bread**—Mix together a cupful of cooked dried apple, one cupful of raisins, one cupful each of sugar and walnuts, one teaspoonful of cinnamon, one-half teaspoonful of cloves and a half teaspoonful of allspice into a pint of bread sponge. Mix and knead as for bread and let stand until light. Bake in a slow oven for two hours. This will keep for weeks if well wrapped in oiled paper and kept from the air.

**Dutch Cabbage**—Chop a small cabbage with one small onion and when fine, pour over the fat from a small slice of fat salt pork which has been cut in cubes and browned. Add the pork, and into the frying pan pour sufficient vinegar to moisten, but not make the cabbage wet. Add seasonings of salt and red pepper. Pour over the vinegar boiling hot and serve at once. This is a dish that you will not be allowed to forget, for everybody asks for it again and again. The secret of the palatability of this salad, as is true of all salads, is the seasonings. Taste it often to get the right proportion of salt, pepper and vinegar. If the vinegar is very acid and you need quite a little moisture, dilute the vinegar with water.

**Steak With Olives**—Broil the steak until properly cooked, season well with salt, butter and pepper and place in the oven to keep hot. Put a tablespoonful of butter in a sauce pan and when bubbling hot add a half cupful of finely-chopped olives; when hot pour over the steak. Serve with baked potatoes.

## MORE GOOD DISHES.

A nice change from the everyday dishes will be found in the following:

**Calves' Liver Vermicelli**—Put five slices of bacon in a frying pan, cut in small pieces and fry until crisp; add a small onion chopped; cook until brown; add a tablespoonful of flour and a fourth of a pound of chopped liver; stir and cook, then add three-fourths of a cupful of strained tomato, and cook until thick. Add a half teaspoonful of kitchen bouquet and a teaspoonful of Worcestershire sauce, salt and pepper and a cupful and a half of cooked vermicelli. Heat and serve hot.

**Corn on the Cob**—Corn is not always cooked properly. It is either over or under cooked. Corn husks should not be removed until just before cooking. Some cooks prefer to remove all the silk and leave the tender inner husks, tying them at the top of the ear, then remove them when the corn is cooked. Corn should be cooked until the milk is thickened. A teaspoonful of sugar may be added to improve the flavor, but do not add salt until the corn is cooked. Drop the ears into a kettle with plenty of boiling water and cook for fifteen to twenty minutes.

**Cornmeal Pancakes**—Take two cupfuls of flour, one-half cupful of cornmeal, one tablespoonful of baking powder, one and a half teaspoonfuls of salt, one and a half cupfuls of boiling water, one and a quarter cupfuls of milk, one egg. Add the meal to the boiling water and boil five minutes, then turn into a bowl, add milk and the dry ingredients, mixed and sifted, then the eggs well beaten, one-third of a cupful of sugar and two tablespoonfuls of melted butter. Cook on a well-greased griddle.

**Currant Mint Sauce**—Two tablespoonfuls of finely chopped mint, a glass of currant jelly, cut in pieces, and the grated rind of a third of an orange. Serve with lamb or mutton.

**Cornmeal Mush** mixed with any chopped meat, molded, then when cold cut in slices to fry in a hot greased pan, makes a nice breakfast dish.

## CORNMEAL DISHES.

The old-fashioned Johnny cake is such a favorite that it never goes to waste when nicely prepared and well baked. Take a cupful of yellow cornmeal, a half cupful of flour, a cupful of sour milk, two eggs, a half cupful of sweet milk, two tablespoonfuls each of shortening and sugar, a half teaspoonful of soda and salt. Mix all together and bake in a good-sized dripping pan so that the cake will be thin when done and thoroughly baked.

Another very similar one is sour milk corn bread. Take two cupfuls of cornmeal, two cupfuls of sour milk, two eggs, one teaspoonful of soda, two tablespoonfuls of sugar, one tablespoonful of butter and one and a half teaspoonfuls of salt. Cook all the ingredients, except the eggs and soda, in a double boiler for ten minutes. Allow the mixture to cool, add the well-beaten eggs and the soda dissolved in a tablespoonful of cold water.

**Cornmeal Crisp**—Take a cupful of sour milk, a cupful of cornmeal, a half teaspoonful of salt and soda. Mix well and pour into a hot frying pan, well greased with fat; set in the oven to bake. Split and spread with butter when serving.

**Steamed Corn Bread**—Sift a cupful of flour with one and a half teaspoonfuls of soda and one teaspoonful of salt; stir in a cupful of cornmeal, add a half cupful of molasses and two and a quarter cupfuls of sour milk. Mix thoroughly and put into a well-buttered pan or mold. Fill two-thirds full, cover and steam for five hours.

**Cornmeal Mush**—Into a quart of salted boiling water add a cupful or more of cornmeal, gradually; do not make it too thick, as it needs long cooking to make it wholesome. Stir and cook for a half hour or longer in a larger portion is used. Pour out into a dish to cool. To serve, cut in slices and fry in hot fat. Serve it fresh and hot with good, rich milk and you will have a fine supper dish. The New England people like a little dried codfish served to eat with the mush. This will supply salt, so that the mush need not be oversalted.

## WHAT SHALL WE HAVE TO EAT?

On baking day when it is hard to think of an easy dessert try these dumplings: Add enough shortening to bread dough to make a rich biscuit; mold as for biscuits, and let stand until light. Have ready some sweet or dried apples with an abundance of juice. When the dumplings are light, dot with butter and pour the hot fruit juice over them. The more juice the more delicious will be the dumplings. Sprinkle with sugar, dust with cinnamon and bake a half hour in a hot oven.

**Combination Salad**—Take any kind of cold meat you happen to have left over, or different kinds will do. Grind the meat, then add one large, mellow apple, chopped fine; one-half cupful of chopped celery, three hard-cooked eggs, minced; one chopped onion, one-half teaspoonful of salt, and a few dashes of red pepper. Mix all together and add any salad dressing.

**Bigos**—Take any chopped meat of leftover fowl, beef or pork, add to sauerkraut with water and boil for three hours. This may be served reheated and will be good as long as it lasts.

**Oatmeal Sausage**—Take stock in which meat has been cooked and when boiling hot thicken with oatmeal; season well with salt, and when nearly done add some chopped cooked meat. Pour out into a dish and when cold slice and fry. Good for a breakfast or luncheon dish.

**Mock Chicken**—Put into a double boiler one cupful of milk; add salt and pepper and a few grains of curry. Let this boil, then add two teaspoonfuls of cornstarch, stirred smooth in a little cold milk. To the whole add a cupful of cold roast pork, chopped or cut in dice. When thoroughly hot serve with toast as creamed chicken.

**Pohomac**—Place a layer of cooked macaroni and cheese in a baking dish, then a layer of chopped ham, then a layer of mashed potatoes left from dinner. Pour over three-quarters of a cupful of milk; season well and bake brown.

*Nellie Maxwell*

**New Coast Defense Gun.**  
A new American coast defense gun is reported to be capable of throwing its shell over 31 miles, when the gun is at 45 degrees elevation. Though this is mere speculation, for the carriage for that elevation has never been built.

The only high-grade heavy guns owned by the United States are the coast defense mortars, of which the latest 12-inch weapon has an extreme range of 19,000 yards, or just under 11 miles.—Leslie's Weekly.

**A Necessity.**  
"When I go on a vacation you don't catch me borrowing a suitcase from one friend, a trunk from another and a tennis racket of golf stick from another." "That's good. But don't you ever borrow anything at all?" "Oh, yes. Of course I borrow money."

**A Solemn Subject.**  
"I wonder why crape is the emblem of sorrow?" queried the young widow. "Probably because three feet of it represents a graveyard," replied the tussy old bacheloree.

**Steel Railroad Ties.**  
Short cuts by walking the tracks will no longer save time, when the railroads have replaced the old wooden ties by those made of steel. The sharp edges of its pigeon-hole construction will make very uncomfortable walking. In Oklahoma, where they have been used for some time, it is declared that they cost much less than the wooden ties, and that they have also been very valuable in keeping trespassers and cattle off the tracks.—The American Boy.

**The Bitter End.**  
"The bitter end" refers to the end of a ship's cable fastened to the "bits"—a frame of two strong pieces of timber fixed perpendicularly in the fore part of the ship for the purpose of holding the cables. The other end is fastened to the anchor. When the cable is out to "the bitter end" it is all out; the extremity has come.

**Worth While Quotation.**  
"No book that will not improve by repeated readings deserves to be read at all."—Carlyle.

## AILMENTS OF BABIES

MANY OF THEM ARE EASILY PREVENTABLE.

Mother, by Wise Management, May Do Away With a Great Deal of the Troubles Which So Frequently Affect the Little Ones.

(Prepared by the Children's Bureau, U. S. Department of Labor.)

It is no doubt true, many times, that a fretful, unhappy baby is made so quite unnecessarily, and instead of rocking or patting him, or walking up and down with him in her arms, or possibly giving him a dose of medicine to quiet him, the mother should seek the cause of his discomfort and remove it.

It may be that the baby is thirsty. There is no doubt that babies frequently suffer from thirst. It is necessary, particularly in summer, to give plenty of drinking water to all children who are too young to get it for themselves. A drink of water will often satisfy a fretful baby and sometimes it is all that is needed to send a restless one off into quiet sleep.

One of the most frequent sources of misery for the baby is found in his clothing, especially in hot weather, when any clothing is a burden to him to wear. So many babies are overdressed that it is no wonder they fret. Compelled to wear woolen underwear, knitted socks, stiffly starched caps and dresses it is only natural that they should protest vigorously. Neither wool nor starch has any place in the clothing of the baby in hot weather.

One of the troubles from which a baby often suffers is prickly heat. This ailment appears as a fine red rash usually on the neck and shoulders and gradually spreads to the head, face and arms. It is caused by overheating, due either to hot weather or to the fact that the baby is too warmly dressed. The rash comes and goes with the heat, and causes intense itching. The remedy for it is to take off all the clothing and give the baby a sponge bath in tepid water in which common baking soda has been dissolved. Use one tablespoonful of soda to two quarts of water. Use no soap, and do not rub the skin, but pat it dry with a soft towel. After the skin is thoroughly dry, dust the inflamed surfaces with a plain talcum powder.

This ailment, like all others, is more readily prevented than cured. Frequent cool baths, very little clothing, simple food and living in cool rooms, or in the open air will probably save the summer baby from much of the annoyance of prickly heat and other more serious ills.

Fat babies are very apt to suffer from chafing, especially in hot weather. It appears as a redness of the skin in the buttocks or in the armpits, or wherever two skin surfaces persistently rub together.

Much the same treatment is required as in prickly heat. Never use soap on an inflamed skin. Instead use a soda, bran or starch bath, as advised in a former article. Directions for these baths are given in a publication called "Infant Care," which can be had, free of charge, by addressing a request to the Chief of the Children's Bureau, U. S. Department of Labor, Washington, D. C.

Great care should be taken not to let the baby scratch the skin, when it is irritated. Sift together two parts powdered cornstarch and one part boric acid, and use it freely on the chafed parts. Remove wet or soiled diapers at once. Wash and dry the flesh thoroughly, then dust the powder freely between the legs.

**Milk Biscuits.**  
Required, one gill (one-fourth pint) of milk, one ounce of butter, one-half pound of flour, one teaspoonful of baking powder. Put the milk in a saucepan, add butter, and put it on the fire to warm. Put one-half pound of flour into a basin, with one teaspoonful of baking powder. When the milk is hot pour in the flour, and stir into a smooth paste; roll out very thin, and cut out with a tumbler floured at the top. Grease a tin and place biscuits in the oven to bake for 20 minutes.

**Rice Croquettes.**  
One-half cupful well washed rice cooked in one pint milk in double boiler till absorbed; add two tablespoonfuls sugar, one tablespoonful butter, a bit of grated lemon and two well-beaten eggs; mix thoroughly and spread on a plate to cool; shape with a knife, dip in beaten eggs, then crumbs, and fry in deep hot fat.

**Spice Cake.**  
One cupful of sugar, one tablespoonful of butter or lard, one cupful of sour milk, one cupful of raisins, one tablespoonful of soda, two cupfuls flour, a pinch of salt if you use lard, one teaspoonful of cinnamon and one-half teaspoonful of cloves; mix in the order given and this cake will keep moist for a long time.

**Raspberry Syrup.**  
This is a very refreshing drink, and is especially recommended for the invalid to whom a cooling drink with a tart flavor is appetizing. Boil the raspberries and strain, and to one pint of the strained juice add one pound of granulated sugar. Let it stand overnight. In the morning boil it again for about ten minutes and then bottle. When serving, put two tablespoonfuls in a glass of cold water.

**Berry Tartlets.**  
Berry tartlets are very popular. They are made by lining patty pans with pastry, which is then baked. The berries are cooked with sufficient sugar to sweeten them well and then poured into the pastry shells. When cool whipped cream is sometimes used to garnish them.

**Fried Pineapple.**  
Slice a ripe but firm pineapple. Core and dip the slices in a batter made by beating together one egg, a pinch of salt, tablespoonful of sugar, half a cupful of milk and two heaping tablespoonfuls of flour. Fry in butter on a pancake griddle. Dust with powdered sugar and serve.

## DESIGNED FOR PRACTICAL USE

Refrigerator Properly Placed Is The Most Important Part of the Home.

METHOD SHOWN IS OF VALUE

Built in Between the Kitchen, Pantry, and Rear Porch, Its Advantages Are Apparent—Whole House Has Arrangement That Is Highly Attractive.

By WILLIAM A. RADFORD.

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 1827 Prairie Avenue, Chicago, Ill., and only enclose two-cent stamp for reply.

The fireplace, with its cheery, open fire, has often been called the heart of the home, but the refrigerator hidden away in some dark and dismal nook is the stomach of the home and is just as important as the heart, at least. The location of the humble refrigerator and its construction should be as carefully worked out as the design of the fireplace.

Homes are generally all designed in much the same way. The design starts at the front of the house and the rooms are carefully laid out. The kitchen, however, is left to fill up any space that may be left and the result is often inconvenient and unsatisfactory. The business end of a house is one of the most important. Anyone who has worked in a kitchen that has everything arranged so that nothing is handy and that is too small to admit of any changes being made knows what a relief it is to have a well-arranged kitchen.

The house shown here is planned in just the opposite way from most houses. The kitchen and all its parts have received a great deal of attention, so that all the parts are readily



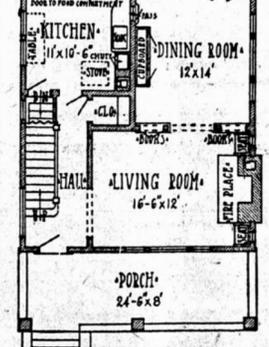
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accessible. The refrigerator has been specially planned and is a model of modern construction.

This refrigerator is built in between the kitchen, pantry, and rear porch. There are doors to the food compartment on both the kitchen and the pantry sides. The box is faced from the rear porch. Most ice boxes take up some valuable room, but this one is fitted into the partition so that a very small amount of space is wasted.

It would not be advisable for the builder to attempt to construct this refrigerator himself unless he has had some experience in this class of work. Refrigerator makers all over the country make special models that are finished "in the white" and can be set in place by the builder and then finished to harmonize with the rest of the woodwork.

The outside icing arrangement is one of the greatest improvements in modern refrigerators. The ice is not

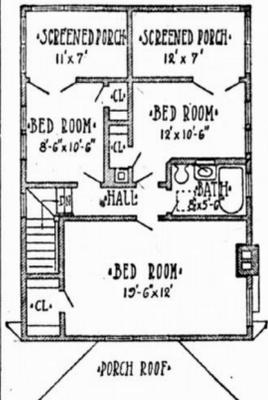


carried through the house, and thus the kitchen can be more easily kept clean. The greatest saving that is effected in this type of refrigerator is in the eliminating of winter ice bills. The outside icing door is left open in cold weather and the refrigerator is cooled without the use of any ice. Of course the same result can be attained by placing a refrigerator on the back porch, but the material that is stored can easily be taken by some stray prowler.

that will be used a lot in the summertime. Equipped with a porch swing and some porch furniture it would present an ideal spot. In back of the dining room is a cozy dining porch which resembles a sun parlor in many ways. Two sides of this little room are taken up almost entirely by windows.

In many modern house designs the owners insist on sleeping porches, and this design supplies them. In the back of the house on the second floor are two screened porches so that all the household can sleep outside if they wish. Fresh air is one of the greatest tonics and health protectors that can be found anywhere, and there is lots of it. All you have to do is help yourself.

The exterior of this house is very attractive. The foundation is of brick



and also the chimney from the fireplace. From the foundation to the window sills on the second floor the house is finished in clapboards. From here up to the roof the finish is of paneled stucco. The windows are artistically placed and give a distinctive touch to the exterior.

The living room and the dining room on the first floor are connected by a colonnade and a cased opening so that a large unobstructed space is assured. Under the colonnade on each side of the opening is a bookcase. This presents an attractive way of using up space that is often wasted

## The HOME BEAUTIFUL



A Beautiful Lawn Not to Be Forgotten in Present Plans for Future Beauty.

## PRESENT PLANS FOR FUTURE BEAUTY

By EVA RYMAN-GAILLARD.

We who grow plants in our rooms do so for the beauty of their foliage, flowers, or both, and get pleasure from them to just the degree that we can bring them to their utmost perfection. To attain this (with plants of any kind) one must know their characteristics and requirements and consider whether available conditions in the home are adapted to the plants desired.

If a plant standing in the open beds, or in sunny, southern windows, is making a grand showing of flowers, or brilliantly-colored foliage, do not get one like it expecting the same results unless it can have similar conditions. The same results cannot be secured if the plant is put into a shaded or northern window.

On the other hand, primulas and other plants that produce perfect flowers in cool, semishaded rooms, will not prove satisfactory in a place adapted to those needing more tropical conditions. The plant-lover who expects to have all sorts of plants grow and bloom in the same window will certainly be found wondering why some of them do not come up to expectation.

Even the texture of the foliage needs to be taken into consideration, for rough-leaved plants that are injured by frequent washings have no chance to develop beautiful foliage in a room where furniture needs dusting every day.

Space is another factor that makes for satisfactory window gardening, for certainly half a dozen plants developed to perfect form and good size are vastly more beautiful than twice that number of deformed specimens crowded into the space.

The question as to whether plants should be turned or not is frequently asked, and some people say: "Oh, don't turn them, they will not bloom," and so on. After years of working among plants I hold this opinion on the subject: Plants grown solely for beauty as seen from the outside will serve the purpose better if never turned, leaving foliage and flowers drawn toward the glass, but ordinarily they are grown for the adornment of the room and the enjoyment of those inside, and should be turned often enough to keep them symmetrical in shape, for a lop-sided plant showing all its stalks (to those in the room), is not very ornamental.

Very often plants are bedded out for the summer and then potted for the winter garden window, and almost often the potting is delayed until the plants must be taken in or frozen; and the result is a lot of plants that need a good share of the winter in which to recuperate.

August is none too early to decide which plants shall be taken into the window garden, and their treatment from the time of the decision should be such as will fit them to make a fine display during the winter, rather than get the finest present showing.

If they are growing where crowded, sacrifice a few branches from the surrounding plants in order to give them space for shapely development, then pinch out the ends of the branches on the selected plants to force the formation of lateral branches. These lateral branches furnish the blooming points on geraniums and most flowering plants, and the more of them that can be forced to start, the more flowers one has during the winter.

**Uses for Raisins and Figs.**  
Both raisins and figs, split open, make good poultices for boils. A split raisin, placed over the gum, often gives relief to the toothache sufferer. Figs are valuable as a laxative.



Beautiful Example of Double White Killarney Roses.

Do not select plants that have bloomed profusely during the summer, for it is against nature to expect them to keep it up during the winter. Above all, after deciding which plants shall be potted for the winter display, keep all the buds pinched out. Do not let a single blossom develop until the plants are established in their winter quarters.

Do not leave plants in their beds until forced by cold weather to take them in. Plan to pot them while the weather will permit having the house open, making the change a gradual one, for plants lifted and taken at once into closed, fire-heated rooms must show the effects of the treatment and will need weeks and weeks in which to regain their beauty.

Another thing to be considered is this: Plants growing in the open ground make a root-growth that very often goes far beyond the limits of an ordinary pot or tub. To crowd these roots into a pot too small for them is to bruise them and cause decay. The better way, by far, is to cut down all around the plants with a sharp knife or spade, ten days or two weeks before the plants are to be potted.

The sharp, clean cut heals quickly, and if the soil is well watered (soaked) before attempting to lift the plant, one gets a complete ball of sound roots, well-covered with soil that goes into winter quarters with very little evidence of having been disturbed.

Each of these plants taken separately will seem like a little thing, but each has a decided bearing on the beauty of the midwinter floral display, and for that reason each is, in reality, an important point.

## EVER TRY A LILY BED?

By JOSEPHINE DE MARR.

Choose a well-drained spot for them, and if possible, where the flowers will have a background of evergreens, shrubs or screen of living green to show off their pale beauty. A background of climbing plants is also good. Dig the bed two feet and throw into the excavation, rubbish, tin cans, old shoes, rocks, bricks, and the like, insuring drainage, as the lily cannot stand wet feet.

Enrich the soil with manure from the cow stable, worked well into the soil with sand or sifted ashes. Plant the bulbs 8 to 12 inches deep, according to their size, in a pocket of sand.

Just before cold weather sets in, cover the bed with litter and leaves, being sure that the winter storms will not uncover the bed.

## SOME TIMELY HINTS

Water the sweet peas lavishly about the roots and be generous with the blooms. Allow no seed pods if you want flowers.

Cut everlasting and grasses as soon as the flowers are fully open, tie in bunches, hang head down, and dry in the shade, for winter bouquets.

Fasten dahlias, and other brittle-stalked tall growers to some support, to protect from storms of wind.

Fine, well-rotted manure is a good mulch for tea roses. Prune by cutting the blossoms lavishly with long stems, in order to induce vigorous blooming branches.

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## The Time to Act.

A correspondent wrote to the editor of a local paper as follows: "I have a horse that has been afflicted for the last year with periodical fits of dizziness. Please let me know what I should do with him, as he seems to get worse instead of better. I am afraid he will be unfit for work if something is not done soon."

In the next issue this answer appeared: "When the horse is looking all right sell him to someone."

## In the Malay Archipelago.

Java is the only one of the Dutch East Indies that has been fully opened and developed. Sumatra is being gradually exploited, and the unfriendly tribes brought under control, but Borneo and New Guinea—part of each of which is owned by the Dutch—and minor islands are as yet but little developed. The total area of the Dutch possessions in the Malay Archipelago is 739,000 square miles, while the population is 37,000,000.

## Saving Space.

"Why does your dachshund sit up on his hind legs all the time?" "The intelligent animal realizes that lengthwise he takes up too much room in the fat."—Louisville Courier-Journal.