

THE KITCHEN CABINET

When eggs grow cheap, we'll surely make a cake
Some happy afternoon, for early tea,
And what a joyful thrill 'twill give to know
That we may use two eggs, or even three!

How odd 'twill seem to bring to light
The dear old cake tin with its fluting deep,
And butter it—Ah! what a stirring time,
When eggs grow cheap!

—Harriet Whitney Symonds.

TASTY EATS.

Here is a tomato salad that is different. Scald a half dozen of small, even-sized tomatoes, peel them and cut in quarters to within an inch of the stem and chill them well. Beat a cupful of heavy sour cream until stiff, add a half cupful of powdered sugar, a fourth of a cupful of vinegar, a half teaspoonful of salt, a dash of cayenne and a half cupful of grated horseradish. The mixture should be quite stiff. Place the tomatoes on nests of lettuce, fill with the dressing and garnish with parsley sprigs.

Potato Dumplings.—Sift together 1½ cupful of flour with four teaspoonfuls of baking powder with a half teaspoonful of salt, add three teaspoonfuls of butter to the mixture, rubbing it into the flour, then three-fourths of a cupful of milk, half a cupful of rice potato, and one egg beaten light. Turn upon a floured board and knead slightly; roll into a sheet and cut in rounds. Set close together in a buttered steamer and cook 15 minutes without opening the steamer.

Crumb Bread.—Crumbs that are dried, ground through the meat chopper and not kept long will make a bread that is both wholesome and digestible. Take four cupfuls of hot water, and when lukewarm add a yeast-cake that has been softened in one cupful of the water, three cupfuls of bread crumbs, two cupfuls of graham flour, and enough white flour to make a very stiff dough, add two teaspoonfuls of salt, and two tablespoonfuls of shortening. Let rise, work down, then place at once in the tins; let rise again and bake. This makes four loaves. For a small family half the recipe will suffice. Buttered crumbs in a generous layer over chopped apple spiced and sweetened, then baked, makes a most wholesome pudding, named Brown Betty.

The rinds from bacon should be saved to try out for fat or used to grease the griddle. The liquor in which ham is boiled should never be wasted. Cabbage or a boiled dinner may be cooked in the broth, seasoning all the vegetables.

A woman should always keep her trouble to herself or at least until she meets somebody who is looking for it.

Fun gives you a forcible hug and shakes laughter out of you, whether you will or not.

THE GOOD OLD POTATO.

We are now enjoying the fine potatoes that are once more plentiful and cheap. Potatoes are at their best when simply prepared, such as baked or boiled. A generous supply of potatoes will lessen the bread consumption and thus help in the saving of wheat. When baking potatoes scrub them well and grease them lightly, the skin will be softened and there will be very little waste. Baked potatoes should be served just as soon as they are done, to be in prime condition. If it is necessary to wait for a late comer, break open the potato and let out the steam, then return to the oven. If the late comer is very late, put a slice from the top of the potato and scrape out the inside, season with butter, onion juice, celery salt and pepper, with a little hot milk or cream, beat well and return to the shell; place in the oven to brown.

Hashed Brown Potatoes.—Cut two cupfuls of cold boiled potatoes into small pieces, season with salt and pepper, cook three minutes in one-third of a cupful of bacon drippings, stirring constantly. Let stand a few seconds to brown underneath, then fold like an omelet.

Potato Soup.—Boil three medium-sized potatoes and when soft rub through a sieve. Scald a small sliced onion in a quart of skim milk with a stalk of celery cut up fine. Take out the vegetables and pour the milk slowly on the potatoes. Melt two tablespoonfuls of butter or other fat, mix with two tablespoonfuls of flour, and when well blended add to the soup. Season with salt and pepper, let boil up, strain, add two more tablespoonfuls of fat and sprinkle with parsley to serve.

The number of vegetables eaten, the amount of cereal to cook and the amount of meat to serve are all things for every thinking woman to put time upon these days. An onion saved, a potato left over, a spoonful of squash may be put into a warmed-over dish, but many families rebel at leftovers.

The health and morals of a people depend mainly upon the food they eat, and the homes they live in.—Ellen Richards.

VARIETY THE SPICE OF LIFE.

Bread and butter with potatoes will stand the everyday test, but the most delicious dish in the world will lose its charm by being served too often. Lack of variety in the diet is often due to sheer laziness. A mental laziness may be just as serious a failing as a moral and physical laziness. Many a housewife who is the soul of industry, does not exercise her brains in planning for her table. A notebook and pencil used with thought once a week will plan the meals for the family in a half hour. If one is too busy, or too tired to add variety to the table of what advantage is it to think of what might be? The man of the house loses all interest in food, the children lose their appetites in the household where the rut traveled is growing deeper and deeper. Don't bore the family or members of the family with questions as to what they would like, for the thinking housewife will find out without seeming to inquire: To many it spoils a meal to know beforehand what they are going to have. Never, as you value your reputation as an intelligent housekeeper, never let your family say "this is rice-pudding day, or codfish gravy day at our house." To be successful the cook must keep her troubles to herself, as perplexities in the home are best not shared.

Variety in our diet is as important as it is in other things, and the dish that comes as a surprise is always more enjoyed.

We need to remember Turner's famous reply to a man who inquired how he mixed his colors: "With brains, sir," and nowhere can brains be put to so good a use as in the preparation of food for the family.

Chocolate Pudding.—Take one pint of hot milk, one cupful of bread crumbs, and three tablespoonfuls of chocolate, bake for 25 minutes. Sauce.—Beat one egg and one cupful of sugar together, add three tablespoonfuls of boiling water and a tablespoonful of butter. Stir and serve immediately.

Excellent Frosting.—Four tablespoonfuls of milk, one cupful of sugar boiled together until it spins a thread. Beat until thick, flavor or add melted chocolate if desired.

No form of service is drudgery, if the one who serves is free. All forms of service, mental, or physical, are drudgery if the one who serves is in a "state of bondage."

If all the world were playing holiday, to sport would be as tedious as to work.—Shakespeare.

ECONOMY IN SMALL THINGS.

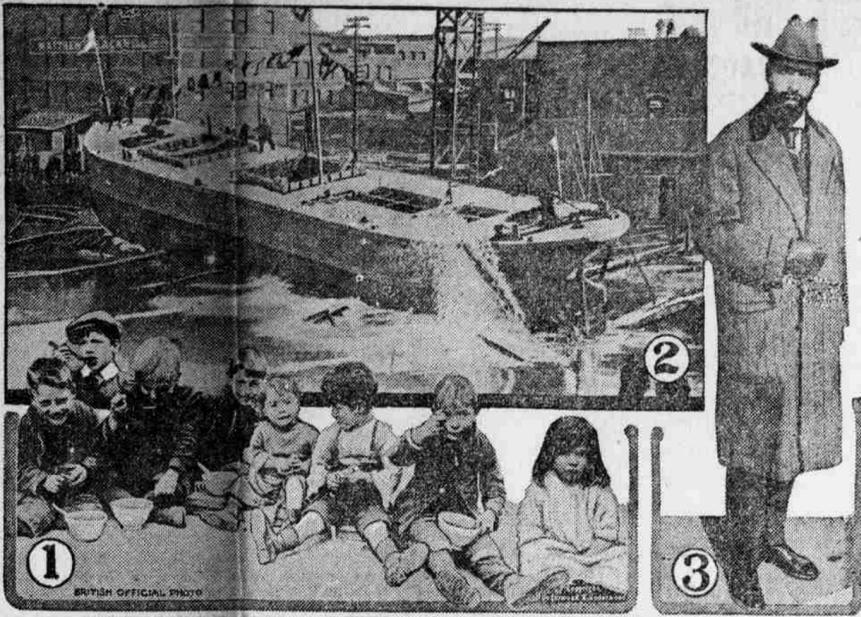
We have all heard that "little leaks sink a great ship," and we know that there are countless little leaks going on in our households for which we are directly responsible. The woman who does her own marketing in person saves many a dime in her purchases.

When the goods are delivered she may be present to check up the parcels and weigh those that are bought by weight. Today an ounce of meat short of what you have paid for means a loss, and a quarter of a pound short amounts to five or ten cents, depending on the price of the meat bought. This shortage may not mean anything but carelessness on the part of the butcher, but when he knows that his goods will come back if not just as ordered, it will make a difference in the care taken in filling the order. The woman who says "never mind, it is too small to mention" will find that five cents a day will amount to a dollar in less than a month and over \$12 in the course of a year. The maids in our homes must be taught to be less wasteful, to be more careful in preparing food in right amounts so there will be none or very little left over to make a problem of disposal.

The wood and coal bill, as well as the gas and electricity, may all be lessened by proper thought. The roaring fire when none is necessary; just shut the dampers of the stove when not in use. When making pudding, if there are pieces enough, which is easy to plan for, knowing the family appetite, there is no waste.

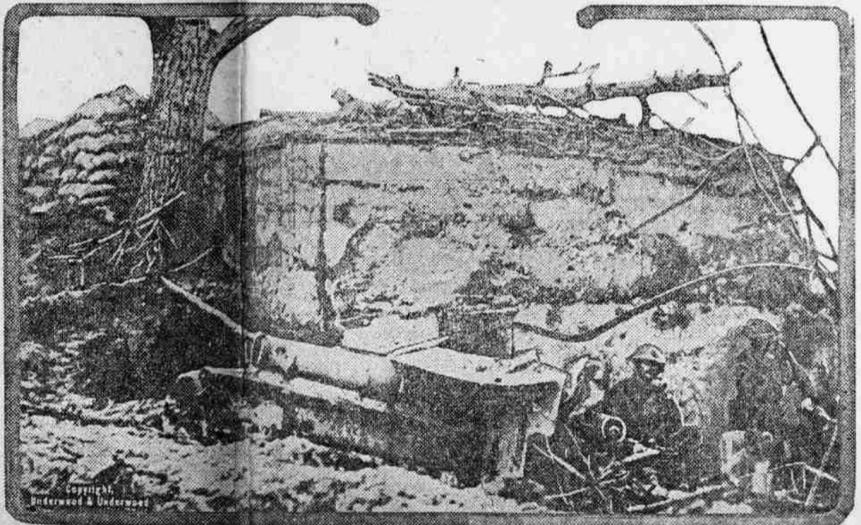
In using soap, if the cake is left in the water it is softened and wasted; more is used than needed. Many workers will make half a cake of soap go as far and do as good work as others who use a whole cake. Soap pieces may be saved, melted and used in the boiler or bits may be saved for the soap shaker in dish washing. Illumination bills may be greatly lessened by turning off the light if absent from the room but five minutes. Habits of thrift are best begun in childhood, but thought will do much to overcome wasteful practices.

Nellie Maxwell



1—Group of English children who were made homeless by one of the German air raids over London. 2—Launching of the first concrete freighter built in Canada. 3—Augustus C. Post, the famous American aeronaut who has just arrived from abroad, where he organized a foreign service committee for the Aero club of America.

ONE OF THE GERMAN "PILL BOXES" ON THE WEST FRONT



The terrific British and French gunfire in Flanders has caused the Germans to abandon intricate trench structures for defense purposes. They have now devised concrete and steel outposts defended with machine guns known as "pill boxes." They are proving less formidable than the trenches. One of them is here shown after its capture by the British.

JOHN F. Hylan and His Family



John F. Hylan, mayor-elect of New York, and his wife and only daughter, Virginia, photographed in their Brooklyn home.

GIRL WORKERS WEAR MASKS



When working in a cotton fumigating plant at Bush terminal, Brooklyn, girls have to wear masks for protection against poison gas used in the process. All cotton shipped into port is fumigated with deadly gas.

Simple Remedy.

In these days of nervous prostration, called by some "nervous prosperity," because it is so prevalent among the idle rich, this story of the famous Doctor Abernathy, who did not believe in coddling his patients, is appropriate:

A patient, a wealthy woman, sent for him and he found it was a case of nerves.

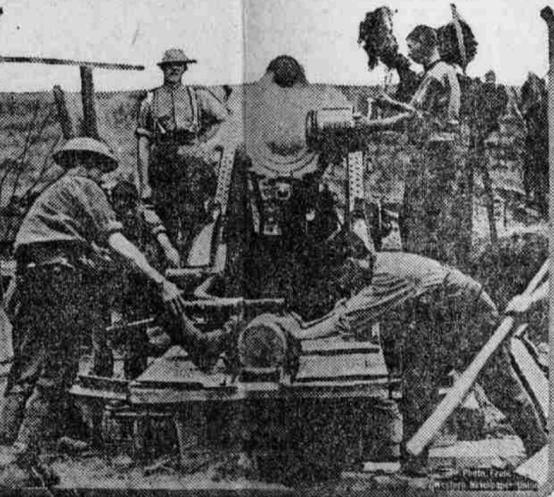
"Doctor," she said, "I feel a terrible pain in my side every time I put my hand to my head."

"Then, madam," said the doctor, "why in the name of common sense do you put your hand to your head?"

No Waste Allowed.

In the airplane factories in Great Britain, absolutely no waste is allowed. Even the sawdust is sucked up through giant shafts to be transformed into gas, which in turn is used to generate electricity to drive the machinery. The whole power of the plant is supplied by its own waste, a notable instance of up-to-date economical methods.

STRAFING THE BOCHES NEAR ANGRES



One of the efficient Canadian batteries stationed near Angres engaged in "strafing" the Boches.

Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

THE ALCOHOL AGE.

"What is the matter with the world?" asked Dr. Charles Gilbert Davis, noted surgeon of Chicago, in a thought-arresting article in the Illinois Issue. His answer is, "A thousand years of alcoholic saturation."

"All life should evolve," he says; "alcohol produces evolution. Take the largest and finest breed of dogs—the Great Dane, for example—and for three or four generations feed them daily a little alcohol and what is the result? What was previously a large, noble animal will deteriorate into a snapping, snarling, fighting, almost hairless, insignificant little cur. And yet we feed men on this lethal poison for thousands of years and then wonder why we have disease, pestilence, insanity and war.

"In this dawn of the twentieth century it may be truthfully affirmed that the aggressive war brain is the brain that directly, or indirectly through heredity, has been poisoned by alcohol. The alcoholic brain cannot evolve those emotions of the human soul that make for peace. We may talk peace, legislate for peace, and make peace treaties, but wars will never cease till the brain is freed from the corroding effects of alcohol.

"One thousand years from now the historian will record the events of today and classify them under the general heading, 'The Age of Alcohol.' It will be pathetic but interesting literature."

BREAD OR BEER.

Sir Alfred Booth, chairman of the Cunard steamship line, was, when the war began, neither a prohibitionist nor a total abstainer. Early in 1916 he startled Great Britain by declaring that "the transport problem demands prohibition until the war is over." "I am not thinking of the temperance side of the question," he said, "we have got beyond that now. I am thinking of the demand which the trade makes upon the services of our ships, our railways and carts, and our labor." He denounced the use by the breweries and distilleries of thousands of tons of coal mined and sent to them every week, the barley and other produce carted and hauled by rail to the brewery, brought back again and distributed to the consumer. "If we are to maintain our armies in the field, we shall before very long have to choose between bread or beer."

MOTHERING THE SOLDIERS.

The W. C. T. U. has opened many recreation rooms for the soldiers. The homesick men who flock to them do not fail to express their gratitude for the cheery welcome and the homey atmosphere they find in these places. To the matron at the rooms in Washington, D. C., a poem was presented by young Robert E. Lee, grandson of the great Southern general, as an expression of his feelings. The last stanza runs thus:

When sleep by side we take our chances,
To live or die in bloody France.

For right and you;
Then never fear, you here at home
That we'll forget, where'er we roam
The W. C. T. U.

THE WORKINGMAN'S BURDEN.

Every workingman carries on his back a nonproducer. The laborer who pays his bills is charged a higher price to cover the loss the storekeeper sustains by failure of the drinking man to pay what he owes. When crime is committed or a family impoverished by the drink-debauchery of its natural support, the cost appears on the tax bill of the man who labors.

Jobs are made by the consumption of products, and if money is not spent for booze, it will be spent for other things which must be produced by labor.—From the Cyclopaedia of Temperance.

ALCOHOL INCREASES FATIGUE.

Fatigue is due to the action upon nerve endings and nerve cells of poisonous products formed within the body as the result of muscular metabolism. For a fatigued person to add to his blood, unless in minute doses, another poison in the form of alcohol, is only to make matters worse rather than better. What are required are longer periods of rest.—Sir Thomas Oliver, M. D., LL. D., in "The Drink Problem of Today."

BUYS NEW CLOTHES.

In Denver soon after prohibition went into effect a woman exhibited with great pride the first dress her husband had ever purchased for her, although they had been married long enough to have a child in the eighth grade. She added that he had a new suit, too.

TO SYMBOLIZE A CLEAN LIFE.

Four thousand men in the First Reserve Officers Training camp at Fort Sheridan, Ill., signed this pledge:

"1. We undertake to maintain our part of the war free from hatred, wanton brutality or graft, true to the American purpose and ideals.

"2. Aware of the temptations incident to camp life and the moral and social wreckage involved, we covenant together to live the clean life and to seek to establish the American uniform as a symbol and guarantee of real manhood."