The KITCHEN CABINET

To be as good as our fathers we must be better. Imitation is discipleship. When some one sent a cracked plate to China to have a set made, every plate in the new set had a crack in it.—Wendell Phillips.

RICE COMBINATIONS.

Rice as a flour substitute is beginning to be appreciated these days when it may be used as a breakfast food, or a cupful stirred into any batter for muffins, gems, or griddle cakes, thus saving the wheat flour. Rice is also used as a vegetable, when potatoes are high, and it makes a most acceptable dish when well-seasoned and served with parsley.

Rice and Salmon Croquettes.—Use rice in the proportion of one cupful to a half cupful of flaked salmon; if very dry add a little milk and beaten egg, mold and roll in egg and crumbs and fry until brown. Serve garnished with a little minced parsley.

Onions Stuffed With Rice.—Parboil medium-sized onions, remove the centers and chop, mix with cooked rice, season well with salt, pepper, and melted butter, and stuff the centers with the mixture. Bake and baste with water and butter substitute.

Sweetened boiled rice served with bananas and sweet cream whipped makes a most appetizing dessert.

Cooked rice, escalloped with peanut butter, is another combination worth trying. Use a half cupful of peanut butter with a cupful and a half of rice, season well, add a little milk for moisture and bake as usual.

Rice and Coconut Custard.—Put half a cupful of well-washed rice into a double boiler with three pints of milk, cook until soft, then set aside to cool. Beat three eggs, leaving out the white of one, add a cupful of sugar and a cupful of fresh grated coconut. Stir into the cold rice mixture and bake in the oven. Cover with a meringue made of the beaten white and two tablespoonfuls of sugar. Brown and serve with whipped cream.

Rice With Eggs.—When serving eggs, scrambled, a half-cupful of rice browned in a little fat, then cooked until soft, is first cooked in the saucepan; then add two or three eggs. Such a dish with a little milk will save three to four eggs, in the ordinary way of serving scrambled eggs.

Be resolute and faithfully what you are, be humbly what you aspire to be. Man's noblest gift to man is his sincerity, for it embraces his integrity also.—Henry Thoreau.

GOOD WAR FOODS.

The United States food administration is urging every householder to give up the use of wheat flour entirely, until the next harvest. Conserve what you have to use with substitutes in making yeast bread for occasional use. We still have buckwheat flour, oat flour, corn and rye, although the rye is not on the substitute list; however, when one has a supply it is still used.

Boston Brown Bread.—Take one cupful each of cornmeal, rye meal, barley flour, a teaspoonful of salt, two teaspoonfuls of soda, two-thirds of a cupful of molasses, two cupfuls of thick, sour milk. Sift all the dry ingredients and remove all straws, add the bran left in the sieve, then add the molasses and milk, mixing well. Steam in three-pound baking-powder cans. Put on, cook and boil two hours. Remove the covers and let the bread dry out in the oven.

Oatmeal Bannocks.—Mix two tablespoonfuls of melted butter or fat, a half teaspoonful of salt with 2½ cupfuls of oatmeal. Add lukewarm water a few drops at a time, mixing with a knife, to make a paste. Knead the paste several minutes; divide in four pieces, knead each piece and with a rolling pin roll out into a round piece about one-fourth inch in thickness. Bake on a greased tin in a moderate oven half an hour. Each cake will be the size of a saucer. Toast before eating.

Buckwheat Muffins.—Mix and sift together two cupfuls of buckwheat, half a teaspoonful of salt, five teaspoonfuls of baking powder, add one egg beaten light, one cupful of milk and a tablespoonful of shortening. Mix and beat well. Bake in hot, well-greased iron muffin pans 25 minutes.

Buckwheat Cookies.—Cream together a half cupful of shortening and a cupful of sugar, add two well-beaten eggs, 1½ cupfuls of buckwheat, mixed with one teaspoonful of baking powder, roll out and sprinkle with a little sugar.

Figs and nuts ground together in a food chopper, salted and moistened with cream, make good sandwich filling.

Oat flour, when obtainable, makes most acceptable food. Try the following muffins: Take two cupfuls of oat flour, five teaspoonfuls of baking powder, one teaspoonful of melted fat, one and a third cupfuls of milk and a teaspoonful of salt. Mix one-half the flour with milk and salt and beat with an egg beater until full of bubbles. Then add the rest of the flour sifted with the baking powder. Beat well and let stand five minutes. Then pour into hot muffin pans and bake twenty minutes.

What do we do when we plant the seeds?
We plant the things which our country needs.
Life for the soldier over the sea;
Necessities for you and me.
—B. Nason Hamlin.

WAR-TIME FOODS.

Cheese in various forms and served in various combinations is one of our most valuable foods. It is delicious not only as an appetizer, as it is commonly used, but it may form the main dish of the meal; it is delicious in scalloped dishes, spring-time salads and desserts.

Small nests of well-seasoned cottage cheese with a spoonful of raspberry jelly or jam in the center, served with crisp crackers or a sandwich, makes a most satisfactory dish.

Cauliflower With Cheese Sauce.—Cauliflower should be broken in bits and allowed to stand a half-hour in cold water with one tablespoonful of vinegar added. Cook in boiling, salted water until tender. Serve with the following cheese sauce: Melt two tablespoonfuls of butter substitute in a saucepan; add two tablespoonfuls of corn flour, and cook until the mixture bubbles; then add a cupful of cold milk. Cook until all the starchy flavor is removed, then add one cupful of grated cheese, one-half teaspoonful of salt and a few grains of paprika. Butter a baking dish and arrange the cauliflower and cheese sauce in layers until all is used. Sprinkle with well-buttered crumbs and bake until the crumbs are a golden brown.

A cupful of any kind of good-flavored cheese added to a white sauce to serve over toast makes a most nourishing dish. Cheese should never be overcooked, as it then becomes tough and stringy. A cheese to be used in cookery should be rich enough to melt easily. Creamed potatoes and cottage cheese may be prepared in the same way, substituting the cooked potatoes for the cauliflower and adding a little parsley or pimentos for flavor.

Potato Scones.—Cook one cupful of cornmeal in two cupfuls of boiling water until smooth; add one cupful of mashed potato, two tablespoonfuls of shortening, a tablespoonful of salt, a cupful of barley flour, three teaspoonfuls of baking powder and a well-beaten egg. Mix well, roll out and cut into cakes.

There is not any virtue the exercise of which even momentarily will not impress a new fairness upon the features.—Ruskin.

GOOD THINGS WORTH TRYING.

The cottage cheese which we may make at home of skim milk, or in many places buy in any quantity for the table, lends itself to many nutritious dishes. Circular number 109 of the United States Department of Agriculture furnishes free for the asking this bulletin on cottage cheese dishes. It is one quite worth while for every farm woman, and the town women will be glad to avail themselves of these good recipes.

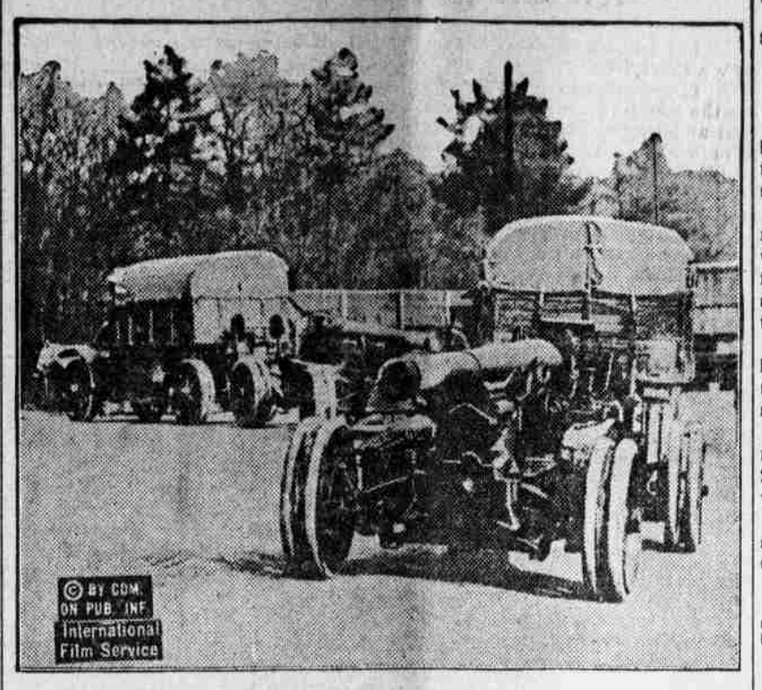
Cottage Cheese Omelet.—Beat the yolks of two eggs until thick, the whites until stiff. Add to the yolks a fourth of a teaspoonful of salt, two tablespoonfuls of milk, and a half-cupful of cottage cheese which has been seasoned with a tablespoonful of chopped pimentos; then fold in the whites and pour into a well-greased omelet pan. Cook slowly until the egg is set, place in the oven for a few minutes to finish cooking and fold over in the center; garnish with parsley. Minced ham or green peppers are also good seasoning which will give variety to this dish.

Cottage Cheese Roast.—Take two cupfuls of cooked cereal, one cupful of cottage cheese, one cupful of dry bread crumbs, one and an eighth teaspoonfuls of salt, a fourth of a teaspoonful each of soda and pepper; mix thoroughly and form into a roll. If too dry add a little milk or cream. Form into a roll and bake twenty-five minutes, basting often with beef drippings or other sweet fat.

Cottage Cheese Soup.—Take a pint of milk, a tablespoonful of butter, the same of flour, cooked together; half a teaspoonful of salt, and a dash of pepper with a half cupful of cheese. Prepare the sauce as usual and remove from the heat to cool slightly before adding the cheese. To flavor with onion the juice may be added or the milk scalded with a slice of onion. Parsley, pimento or Worcestershire sauce will all give variety of flavor. For those who do not enjoy the acid flavor of the cheese it may be neutralized by adding a little soda; a fourth to a third of a teaspoonful will usually be sufficient.

Nellie Maxwell

HAUL GUNS TO AN AMERICAN WAR CAMP



These 155-millimeter guns, made by France for use by the American army, are being hauled by a motorcar from the Parc de Princ, St. Cloud, France, to an American artillery camp.

WOMEN DRIVERS FEAR TOO MUCH

Fair Motorist Expresses Opinion That They Lack Confidence in Themselves.

DRIVING IS STATE OF MIND

Many Know What to Do Under Practically All Conditions and Still Fail to Do It—Best Nerve Tonic in the World.

As has been said about worry—namely, that most of one's troubles never happen—so the fear that a woman has in driving a car is not so much that as it is the fear of being afraid. At least that is the opinion of a well-known woman motorist.

"From my own experience and the experience of other women to whom I have talked about the subject, I believe the most difficult thing a woman has to overcome in learning to drive a car is not to be afraid of being afraid," says this expert woman driver. "Probably this sounds a little complicated, and an easier way to say it would be that women as a whole, I believe, lack confidence in themselves to handle the unexpected, should the unexpected occur.

Easy to Handle Car.

"A lot has been said about driving. Much advice has been offered as to what to do and what not to do. I believe that good driving is simply a state of mind and that as soon as any one discovers how easy it is to handle a car and how near an impossibility it is for an emergency to arise that cannot be met with little effort, when the simple mechanism of the modern car is mastered, she has learned about all there is to know in order to drive a car.

"Of course one might know what to do under practically all conditions, and still not do it. Here is where lots of women fail as good drivers; their fear of doing the wrong thing is so great that they do nothing at all.

Material Benefits.

"I have yet to see any woman who has not been materially benefited by driving. The fresh air, the co-ordination of eye, mind and muscle, the exhilaration of feeling that you are master of the powerful and yet tractable motor, and that it will answer your every whim, cannot help but have a beneficial effect on the nerves. In fact, I firmly believe that driving is the best nerve tonic in the world.

"I have driven my car over thousands of miles of all kinds of roads—boulevards, deserts and mountains. The fact that I have never had an accident of any kind adds a lot to the sum total of my pleasure, of course, but I know that even had I experienced a lot of trouble I would not sacrifice for a great deal the actual gain in health and the joy of driving that I have experienced in my car."

ATTENTION TO SPRING SEATS

They Should Be Oiled, or if Grease Cup Is Provided, It Should Be Turned Up Often.

Movable spring seats which are used in some cars should receive periodic attention. They should be oiled, or if a grease cup is provided, as is usually the case, it should be turned up every few days. In springs of the cantilever type it is necessary to give the fulcrum joint periodic attention.

CARING FOR RADIATOR CAPS

Practice of Using It to Push Cars Back Is Dangerous as It Is Liable to Be Broken.

When it is necessary to back a car into place by pushing the first thing on which most drivers settle is the radiator cap. This is rather a dangerous practice, for the exertion of such heavy pressure against this part is quite likely to break it off.

DO YOU KNOW

That two or three pairs of pliers instead of one should be carried?

That you must know the load per tire in order to inflate properly?

That two horns should be installed when a long tour is to be made?

That one should never forget spare tire valves and a hand tire pump for emergency?

That in lapping the piston it should be given both a reciprocating and an oscillating motion?

That if the silent chain is exposed when in operation it should be oiled as frequently as possible?

That maximum tire mileage will be obtained if the casings always are properly inflated and kept free from cuts?

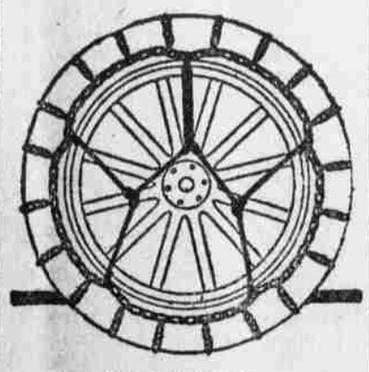
That if your car always is loaded to capacity the tire should be inflated to the maximum called for by the size, but if the load carried is less than normal the tire pressure can be reduced and easier riding obtained?

That when a stud has become "frozen" in place you can remove it by screwing on two nuts and turning the lower nut with a wrench? The upper one acts as a lock and allows the lower one to pull the stud around.

USE FOR CHAIN TIGHTENERS

Device Hooks on in Jiffy and Gives Even Tension All Around—Spring Is Used.

If you are annoyed by "slapping" tire chains, or the occasional experience of having a chain get unhooked and lost, you may care to know of a chain tightener which hooks on in a jiffy, catching the chain at five points and giving an even tension all around. A spring holds the chain close to the tire, but not tightly enough to prevent the creeping motion which avoids damage to the tread.



Chain Tightener.

HAMMER IN REPAIRING AUTO

Care in Use of Tool Is One of First Things Amateur Should Learn in Fixing Engine.

Care in the use of the machinist's hammer, which forms a part of the tool equipment of every automobile, is one of the first things the amateur automobile repair man must learn when working around the engine, says a writer in the current issue of American Motorist. With this hammer he can do more damage in a moment than a good man can repair in a week. His first inclination is to use this form of persuasion on any and every refractory part, and this is a desire which should be overcome.

Not only should the hammer itself not be used on any metal parts without the intervention of a block of wood to protect the surface, but care must be exercised to avoid hitting the other parts through the inaccuracy of aim that distinguishes the unskilled wielder of this tool.

A poorly aimed blow that misses its target and lands on one of the valve push rods or similarly vulnerable parts with any degree of force is apt to cause trouble of an expensive nature.

It is a good thing for the novice to be sparing in the use of his hammer as a cure-all.

WHAT DID THEY DO TO HIM?

Surely Should Have Been Something Severe to Make the "Punishment Fit the Crime."

All ships have baseball teams. During the warm weather outside of routine aboard ship, baseball is the absorbing topic.

We had just come into port and the regular team with the different division teams were waiting to go ashore fro the national pastime. They were all on deck near the gangway when the ship's joker came running aft.

"It's all off, fellows! No more baseball during the war!" The boys turned around in amazement. At last some one said: "Why?"

Holding up a newspaper the joker replied: "The senate has passed bill 270,321, which says no more strikes will be called during the war."

The captain's yeoman reported an absentee next morning.—W. A. McCarthy, U. S. S. Arizona, in Judge.

Wright's Indian Vegetable Pills contain nothing but vegetable ingredients, which act gently as a tonic and purgative. Adv.

Not Militarized Yet.

"We were riding along a wooded road," the major related. "I saw my intelligence officer intently studying the landscape. That pleased me. I said to myself, 'He's getting observant. I'll make a damn good soldier of him yet.' Then it occurred to me to check up on the facts. So I asked him what he was thinking about.

"He pointed up to the festoons of mistletoe that draped the road and grinned.

"'Golly,' he sighed, 'if I only had my little Mary here in an old-fashioned country buggy.'"

Crisp Criticism of Gossip.

Gossip is a sort of smoke that comes from the dirty tobacco-pipes of those who diffuse it; it proves nothing but the bad taste of the smoker.—George Eliot.

A scholar has no ennui.

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SAFE, GENTLE REMEDY CLEANSES YOUR KIDNEYS

For centuries GOLD MEDAL Haarlem Oil has been a standard household remedy for kidney, liver, bladder and stomach trouble, and all diseases connected with the urinary organs. The kidneys and bladder are the most important organs of the body. They are the filters, the purifiers of your blood. If the poisons which enter your system through the blood and stomach are not entirely thrown out by the kidneys and bladder, you are doomed.

Weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, headache, pain in loins and lower abdomen, gall stones, gravel, difficulty when urinating, cloudy and bloody urine, rheumatism, sciatica and lumbago, all warn you to look after your kidneys and bladder. All these indicate some weakness of the kidneys or other organs or that the enemy microbes which are always present in your system have attacked your weak spots. GOLD MEDAL Haarlem Oil Capsules are what you need.

They are not a "patent medicine," nor a "new discovery." For 200 years they have been a standard household remedy. They are the pure, original imported Haarlem Oil your great-grandmother used, and are perfectly harmless. The healing, soothing oil soaks into the cells and lining of the kidneys and through the bladder, driving out the poisonous germs. New life, fresh strength and health will come as you continue the treatment. When completely restored to your usual vigor, continue taking a capsule or two each day; they will keep you in condition and prevent a return of the disease.

Do not delay a minute. Delays are especially dangerous in kidney and bladder trouble. All druggists sell GOLD MEDAL Haarlem Oil Capsules. They will refund the money if not as represented. GOLD MEDAL Haarlem Oil Capsules are imported direct from the laboratories in Holland. They are prepared in correct quantity and convenient form, are easy to take and are positively guaranteed to give prompt relief. In three sizes, sealed packages. Ask for the original imported GOLD MEDAL. Accept no substitutes.—Adv.

Cold Drinks Bad for Your Stomach

How to Avoid the Digestive Miseries That Hot Weather Brings

Cold drinks in hot weather are bad enough for any stomach but doubly so, in fact, dangerous—when the stomach is out of fix and you suffer from indigestion, acidity, food-repeating, heartburn, sour stomach, and that awful puffed-up, bloated condition after eating. In fact, all stomach and bowel miseries are greatly aggravated in hot weather. You can't be too careful. Sunstroke can be traced in many cases to poor digestion. Everyone should watch their stomach in hot weather.

Keep it sweet and cool. Here is an easy and pleasant way to correct stomach ills. A compound has been discovered which surely takes up the harmful juices and gases from the stomach, leaving it sweet, clean, cool and comfortable. You won't know you have a stomach if you take one or two EATONIC tablets after your meal, so light and pain-free you will feel.

There is not a harmful thing in EATONIC tablets. They taste fine! Just like eating candy. Druggists will tell you that EATONIC users say they never dreamed anything could give such quick and wonderful results; you can insure yourself a good, cool, sweet stomach, you can eat what you like, and always have the appetite to eat it.

EATONIC is absolutely guaranteed. Get a box from your druggist today. Use it to get rid of and prevent the stomach and bowel troubles that are bound to come in hot weather. If EATONIC fails, return to your druggist and get your fifty cents back. If you cannot obtain EATONIC where you live drop a card to Eatonic Remedy Co., Chicago, Ill. They will mail you a box at once.