

The KITCHEN CABINET



In this existence, dry and wet
Will overtake the best of men—
Some little sifft o' clouds 'll sheet
The sun off now and then;
And mebbly while you're wonderin'
You've fool-like lent your umbrella' to
And want it—out 'll pop the sun,
And you'll be glad you hain't got none!
—Riley.

SOME GOOD THINGS FOR THE TABLE.

A sponge cake is easy to prepare and most usually well liked, is especially good for the little people and may be varied by various icings or fillings.

Two Egg Sponge Cake.—Separate the white and yolks of two eggs, beat the yolks until thick. Add to them half a cupful of sugar and two tablespoonfuls of lemon juice. Take a teaspoonful of baking powder, a pinch of salt and one cupful of flour sifted together. Beat the whites, add a half cupful of sugar to them, then put the two egg mixtures together and fold in the flour, very lightly, then add half a cupful of water and sprinkle sugar over the top of the cake. Bake in an ungreased tin thirty minutes.

Sponge Drops.—Beat five eggs very light, then add one cupful of sugar and beat again. Add a teaspoonful of lemon extract and fold in one cupful of sifted flour. Drop in gem pans and bake rather quickly.

Potato Cake.—Take one cupful of shortening, two cupfuls of sugar, half a cupful of milk, one cupful of mashed potato, one cupful of chopped nut meats, one-half cupful of sweet chocolate, two and one-half cupfuls of flour, four eggs, two teaspoonfuls of baking powder and one-half teaspoonful each of cinnamon, cloves and allspice. Beat when a few weeks old.

Chili Stew.—Take one and one-half pounds of steak put through the meat grinder. Heat one and one-half tablespoonfuls of butter and the same of olive oil. Add six tablespoonfuls of chopped onion, four cloves of garlic; fry until a light brown. While frying add one and one-half tablespoonfuls of Worcestershire sauce and three teaspoonfuls of chili powder, stirring well. Pour into the pan enough water to cover the bottom and then add the meat, almost covering with water. Cook for fifteen minutes slowly, then add three cupfuls of canned tomato and two teaspoonfuls of salt. Blend one and one-half tablespoonfuls of flour with a little tomato juice and add to the stew. Put into a casserole and bake in the oven for an hour. Serve with rice or boiled noodles.

But what more oft in nations grown corrupt,
And by their vices brought to servitude,
Than to love bondage more than liberty,
Bondage with ease than strenuous liberty?

WHEN FRIENDS "DROP IN."

A nice little dainty to serve with a plain lettuce salad is:

Cheese Biscuits.—To a baking powder mixture add one-half cupful of grated cheese. Roll out to one-third inch in thickness, shape with a small cutter dipped in flour and bake in a hot oven twelve minutes. If the cheese is ready these biscuits will be ready to serve in seventeen minutes, taking five minutes for mixing. It is a wise plan to have a bottle of grated cheese always ready to add to a white sauce for toast, to creamed potatoes, to omelets and various other dishes.

Sandwich Filling.—Heat one-half cupful of butter, add one large onion chopped and four large tomatoes; stew forty minutes, add red pepper and salt at the last. Beat four eggs and add to the above, cook until thick, stirring all the time, then add one-fourth pound of rich cheese. When melted pour in glasses and set in the ice-chest. Use as sandwich filling.

Scrambled Eggs With Smoked Halibut.—Fry a half-cupful of smoked halibut by soaking in warm water. Mix four beaten eggs with a half a cupful of milk, one-fourth teaspoonful of salt, a few dashes of pepper. Melt one and one-half tablespoonfuls of butter in an omelet pan, add the egg mixture and cook. When half done add the halibut, drained from the water, and finish cooking. Turn on a platter and garnish with toast points.

Creole Chicken.—This may be prepared the day before and reheated. Cut up a well-cleaned fowl, cover with boiling water and cook five minutes, then simmer in a fireless cooker or on the back of the range for half an hour. Cook two cupfuls of canned tomatoes and half a bay leaf 15 minutes, then strain. Chop one small onion and cook in the bacon fat with minced bacon, using three slices; stir constantly until yellow; add the fowl with the tomato, a tablespoonful of chopped parsley, two red and two green peppers cut in fine strips and two teaspoonfuls of salt. Boil five minutes, return to the fireless or back of the range and cook until the fowl is tender.

der. This makes a fine casserole dish, baking in the oven instead of in a fireless cooker. When ready to serve thicken the sauce with flour. Cook well and heat all together until very hot.

A wide-spreading hopeful disposition is your only true umbrella in this vale of tears.—T. B. Aldrich.
Have enough strength to be sweet, enough sweetness to be strong and too much of both to be queer.

RECIPES YOU WILL LIKE TO KEEP.

A French preparation for soup seasoning which is considered very choice is this: Two ounces each of sweet marjoram, parsley, savory, thyme and lemon peel and one ounce of sweet basil. The herbs are dried, the peel is also dried and all ground and sifted together until well mixed. This powder, if carefully corked in a bottle will keep indefinitely. Use it sparingly.

Ever-Lasting Yeast.—Tie three yeast cakes (the dry variety) in a cheese cloth, add one quart of potato water, three tablespoonfuls of sugar and let stand twelve hours. Remove the yeast and place in a glass jar well covered but not sealed. Use one cupful of the well-stirred yeast for six loaves of bread. Once or twice a week fill the jar with potato water (about the amount of liquid removed). No more yeast is added. This will keep for years if directions are carefully followed. If not enough yeast is used to renew with potato water take out some each time the potato water is added. This is the food which feeds the yeast plants and they will keep on growing.

Chutney.—This is a famous concoction well liked by our English cousins. This is the season to prepare it for winter use. Chop and cook together two hours twelve apples, skins not removed, two green peppers, one onion, one cupful of raisins, one cupful of sugar, one pint of vinegar, the juice of a lemon, one-half tablespoonful of ginger and one-half tablespoonful of salt. Put in marmalade jars or seal like jelly.

Olive Oil Pickles.—Take one hundred small cucumbers, three pints of small onions, one pint of olive oil, one ounce of celery seed, one-fourth pound of white mustard seed, one ounce of white pepper. Slice the unpeeled cucumbers, cover with one and two-thirds cupfuls of salt, let stand three hours. Slice the onions and let them stand in cold water three hours, then drain and mix with the oil and spices. Pack into jars and fill the jars with good vinegar. Good to eat in ten days.

God! make me worthy of Thy land
Which mine I call a little while;
This meadow where the sunset's smile
Falls like a blessing from Thy hand,
—And where the river singing runs
'Neath wintry skies and summer suns.
—Richard Watson Gilder.

FOOD FOR OUR GUESTS.

A most wholesome and dainty dessert which is within the reach of all is:

Red Raspberry Lacto.—Take one quart of sour milk or buttermilk, add to it one egg white beaten stiff and a well-beaten yolk, one and one-half cupfuls of sugar and one-fourth of a cupful of raspberry syrup. Freeze as usual, and when half frozen add the juice of a lemon. This may be made with cherries, pineapple, strawberry or orange syrup.

Fruit Coupe.—Scald a cupful of milk, add an egg, two tablespoonfuls of sugar and a pinch of salt, and cook in a double boiler until thick. Set aside in a cool place. When cool, freeze; just before the cream is frozen add half a cupful of chopped pineapple, half a cupful of heavy cream whipped, the white of an egg beaten stiff. At serving time, fill the coupe glasses half full of the ice cream, cover with a spoonful of raspberry syrup and a spoonful of whipped cream and garnish with maraschino cherries and pieces of pineapple. Raspberry syrup may be made from canned fruit, boiling the strained juice with sugar.

Sardine Biscuits.—Take and bake small baking powder biscuits. Spill while hot, spread with skinned sardines from which the bones have been removed, then flaked and moistened with the sardine oil. Return the tops to the biscuits, pile on a plate and serve hot for tea or luncheon.

Corn Oysters.—Place a pint of corn on the stove and let it simmer twenty minutes; if too dry, add a little water. Then season with one teaspoonful of salt, one teaspoonful of butter, two tablespoonfuls of milk and pepper to taste. Cool and stir in two well-beaten eggs and a cupful of fresh crisp cracker crumbs, rolled. Put a tablespoonful of bacon fat in a frying pan, and when hot drop in spoonfuls of the batter. Cook until brown, then turn and brown on the other side.

Church Must Be Democratic.
An undemocratic church in a democratic age is an anachronism, and no matter how ancient her lineage, or well established her historic position, unless she is in close and sympathetic touch with those great world movements she is doomed to defeat and to spiritual deadness and decay.—Bishop Guerry.

Can anyone know in this life whether or not he is eternally saved? This certainly is an important thing to know, if it can be known.

The Bible, the theme of which is salvation, gives this information. If anyone, desiring to know whether he is eternally saved, will go to the Bible, it will tell him, for it speaks in unmistakable terms.

First of all, the Bible states plainly that all people of whatever race or class are lost.

This message of the Bible is resented by many, but why should we resent knowing the truth about ourselves, especially since God, who tells us we are lost, also tells us that he has made provision whereby we may be saved? Is it not better that we know our actual condition than to go on in ignorance of it? If we know we are lost, and also know there is salvation for the lost, then we may be saved if we desire.

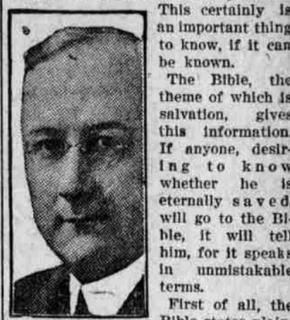
If for a single moment you doubt that all men are lost, I would ask you to read the third chapter of Romans, and find out just what God says is the actual condition of all men. The teaching of this chapter in Romans, which is confirmed by other portions of the Word of God, gives the plain, unvarnished truth concerning this matter. It should stir us to the very depths of our beings, and would leave us in hopeless despair if God did not at once tell us that he has graciously provided, in the Lord Jesus Christ, salvation for all men, and that they may be saved if they will take Christ as their Savior.

Can Anyone Know?

By REV. W. W. KETCHUM
Director of the Evening Classes,
Moody Bible Institute, Chicago

TEXT—These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life; even unto you that believe on the name of the Son of God.—1 John 5:13 R. V.

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In the next place the Bible makes a clear distinction between people who have taken Christ by faith as their Savior and those who have not done so.

It says of those who have failed to make Christ their Savior that because of this failure, since they are afflicted with sin, they shall perish. What could be plainer concerning this than the statement of our Lord himself, spoken to those who have not settled this momentous question, "Unless ye repent ye shall all likewise perish;" or this one, "He that believeth not the Son shall not see life, but the wrath of God abideth on him."

You see, the Bible does not leave anyone, who has not taken the Lord Jesus Christ as his personal Savior, in doubt for a moment as to whether or not he is saved, but plainly tells him that he is lost.

Now what does the Bible say of that person who has by faith accepted the Lord Jesus Christ as his Savior? Does it say of him that he is eternally saved, or does it leave him in doubt? Logically, if the one who has not taken Christ as his Savior is eternally lost, then conversely it is true that the one who has taken Christ as his Savior is eternally saved. But does the Bible teach this, and does it as plainly give the believer in the Lord Jesus Christ the assurance of his salvation, as it gives the unbeliever the assurance that he is lost? It certainly seems reasonable that if one who fails to accept Christ as his Savior can know he is eternally lost, the one who accepts Christ as his Savior should be able to know he is eternally saved. This is precisely what our text says the believer may know: "These things have I written unto you—that ye may know," not hope, nor feel, but "know that ye have eternal life."

Numerous passages in the Word of God substantiate this teaching, and it is only because we have hearts of unbelief that we ever doubt it. It is so wonderful, and it seems too good to be true, that God should eternally save those who accept Christ as their personal Savior. But it is true just the same, for God has said it, and he cannot lie.

It is a marvel of God's grace that the believer in the Lord Jesus Christ at once has eternal life (John 3:16); that he passes at once from death unto life, and that he shall not come into judgment (John 5:24). God who saves has promised to finish the job, and has made provision to do so. It is not for us, if we really have appropriated Christ as our Savior, to doubt that God will faithfully finish our salvation; but as Paul tells the Philippians (Phil. 1:6), so should we be confident of this very thing, "that he which hath begun a good work in you will perform it until the day of Jesus Christ."

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An undemocratic church in a democratic age is an anachronism, and no matter how ancient her lineage, or well established her historic position, unless she is in close and sympathetic touch with those great world movements she is doomed to defeat and to spiritual deadness and decay.—Bishop Guerry.

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GREEN'S AUGUST FLOWER

In the good old summer time when fruits of all kinds are getting ripe and tempting, when cucumbers, radishes and vegetables fresh from the garden are too good to resist, when the festive picnic prevails and everybody overrears and your stomach goes back on you, then is the time for "August Flower," the sovereign remedy for tired, overworked and disordered stomachs, a panacea for indigestion, fermentation of food, sour stomach, sick headache and constipation. It gently stimulates the liver, cleanses the intestines and alimentary canal, making life worth living. Sold everywhere. Adv.

Jap Merchants in Philippines.
Of the approximately 10,000 Japanese in the Philippines, 2,000 are said to be merchants.

For speedy and effective action Dr. Peery's "Dead Shot" has no equal. One dose only will clean out Worms or Tapeworm. Adv.

A pertinent query is a kick in disguise.

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THIN NERVOUS
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W. N. U., CINCINNATI, NO. 35-1919.
Pride has but two seasons—a forward spring and an early fall.

BELCHING Caused by Acid-Stomach

Let EATONIC, the wonderful modern stomach remedy, give you quick relief from disgusting belching, food-repeating, indigestion, bloated, gassy stomach, dyspepsia, heartburn and other stomach miseries. They are all caused by Acid-Stomach from which about nine people out of ten suffer in one way or another. One writes as follows: "Before I used EATONIC, I could not eat a bite without sicking it right up, sour and bitter. I have not had a bit of trouble since the first tablet."

Millions are victims of Acid-Stomach without knowing it. They are weak and ailing, have poor digestion, bodies improperly nourished although they may eat heartily. Grav disorders are likely to follow if an acid-stomach is neglected. Cirrhosis of the liver, intestinal congestion, gastritis, catarrh of the stomach—these are only a few of the many ailments often caused by Acid-Stomach.

A sufferer from Catarrh of the Stomach of 11 years' standing writes: "I had catarrh of the stomach for 11 long years and I never found anything to do me any good—just temporary relief—until I used EATONIC. It is a wonderful remedy and I do not want to be without it."

If you are not feeling quite right—lack energy and enthusiasm and don't know just where to locate the trouble—try EATONIC and see how much better you will feel in every way.

At all drug stores—a big box for 50c and your money back if you are not satisfied.

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DUEL INDEFINITELY PUT OFF

How Wisconsin Congressman Turned Challenge to Deadly Combat Into Matter of Ridicule.

The story of the Potter-Pryor duel, the famous challenge of Civil war times whereby a Wisconsin congressman by ridicule put dueling in disrepute, recalled by the death of one of the participants, is told in interesting style in the June number of the Wisconsin Magazine of History, quarterly publication of the State Historical society.

Roger A. Pryor, the Virginia congressman who figured in the episode, died a few months ago in New York city. It was he upon whom John Fox Potter of East Troy, Walworth county, then representative of the First congressional district of Wisconsin, during April, 1860, brought nation-wide ridicule in answer to a challenge to a duel. Congressman Potter offered to fight with bowie knives at a distance of four feet, but Pryor refused because they were "so demilitar vulgar."

Most of Mr. Potter's bowie knives, including the one he purchased for the duel and others sent to him after the affair, are now on exhibit in the State Historical museum, Madison.

"Luck" is merely a sugar-coated name for mental laziness.



Choice bits of veal, creamery butter and fresh eggs combine with other tempting ingredients to give Libby's Veal Loaf its delicate, appetizing flavor. Order a package from your grocer today.

Libby, McNeill & Libby, Chicago

Mammoth Cave Has Rival.
Workers in a mine at Matehuala, near San Luis Potosi, Mexico, have discovered a cave which is said to be one of the largest in the republic.

It is more than 300 feet below the level of the mine and is 15 feet in width.

Its length has never been estimated, and exploring parties expect to survey it carefully in the near future. One of the most fantastic of its many grotesque adornments is a sulphurous fountain which pours out continuously a stream of blue water.

It promises to rival in magnificence Kentucky's famous Mammoth cave, when fully explored.

Parchmented Leather Valuable.
Parchmented leather has greater strength while lacking the elasticity of tanned leather, and the belting of M. Felice Gilardini of Turin is designed to combine these special qualities. The hide being impressed deeply with a trelliswork pattern, the compressed portions are unaffected by tanning agents, while the interior of the meshes is tanned in the usual way. The product has the required elasticity and is claimed to be so strong that belts may be much narrower than the ordinary.

As a substitute for horsehair in upholstery the waste from cleaning Bahama sisal fiber is being used.

Birds Have Right of Way.
Fowl have the right of way in air, warns the director of military aeronautics. This is justice indeed, since birds flew first.

But this is not all. Recently many towns along the Atlantic coast have been visited with dead bird showers. Aviators flying by a town would see a flock of wild fowl coming their way. They would set their machine guns and let the bullets fly.

Presently a prominent citizen walking below would be hit with a large bloody bird. He complained to the department of agriculture. Then the federal migratory bird law between the United States and Great Britain was referred to, and it was found that shooting birds from airplanes is unlawful.

Keep Electric Fan Busy.
An electric fan properly placed in an open doorway or window will quickly ease away the flies and mosquitoes and doubtless scatter the mischief-making microbe.

Went Too Far.
The aged caretaker of a certain castle in England was prostrated the other day.

"How did that happen?"
"A facetious visitor, just for a joke, asked to be shown a room once occupied by the kaiser."—Birmingham Age-Herald.

25 Cents will buy a big package of POSTUM CEREAL weighing over a pound, net.

What are you paying for coffee?

Nellie Maxwell