

The KITCHEN CABINET

We live in deeds, not years; in thoughts, not breaths; in feelings, not in figures on a dial. We should count time by heart-throbs. He most lives who thinks most, feels the noblest, acts the best.

SEASONABLE DISHES.

For those who need to count the pennies a most appetizing and substantial meat dish may be made of hamburger steak. Buy a pound of meat, having it half chopped fresh pork and half beef; add a cupful of any cooked cereal, like cream of wheat, oatmeal or bread crumbs, a little milk, salt and pepper to season, with a dash of nutmeg and a pinch of cloves. Roll into a long loaf, place in the oven and bake with butter and water while baking. This little roast will serve five people abundantly and is most economical as well as appetizing. One may add a little onion juice, a clove of garlic or other seasonings like kitchen bouquet to the basting liquor.

Rub tough mutton chops with lemon or a little vinegar, let them stand two hours in a cold place, then cook, and you will find the fiber much more tender.

Cheese Balls to Serve With Salad.—Mix one-half cupful each of grated American cheese, Roquefort, and bread crumbs together, add a half teaspoonful of Worcestershire sauce and one egg. Mix well and roll into small balls the size of a hickory nut, dip in beaten egg, then in crumbs, then fry in deep fat until brown. Serve fresh with a lettuce salad. A little cayenne pepper may be added for seasoning if liked.

Spaghetti With Tomato Sauce.—Break a fourth of a pound of spaghetti into inch pieces, drop into salted, boiling water in which there is a small onion. Cook on the back of the stove for an hour; remove the onion and sprinkle with grated cheese after it has been well drained, and serve with the following sauce: To a half can of tomato add a little parsley, a stalk of celery, three or four cloves, two bay leaves, salt, red pepper, two tablespoonfuls of sugar and a tablespoonful of onion juice. Cook for half an hour, then strain. Melt three tablespoonfuls of butter, then add the same amount of flour; when smooth add the tomato liquid and cook until smooth and thick.

MORE GERMAN DISHES.

Fruit soups of various kinds, cold in summer and hot in winter, are great favorites. Here is a good hot one of chocolate:

Chocolate Soup.—Heat gradually one quart of milk. Soften in a little of the milk, five tablespoonfuls of shaved chocolate; simmer eight minutes and sweeten to taste. Beat the yolks of four eggs, add a little of the milk, then add it to the hot milk, but do not boil. Beat the whites of the eggs, add two tablespoonfuls of sugar and drop by spoonfuls into the hot soup. Cover the pot so that the egg whites will cook. Serve either hot or very cold.

Kartoffel Kloesse.—Mash six medium sized potatoes, add two well beaten eggs, two slices of bread, soaked in water and flour to make a dough. Roll in balls the size of an egg, drop into salted water, fast boiling, and cook at a hard boil for twenty minutes. Drain, sprinkle with browned, fried onions and crumbs and serve with apple sauce.

Liver Balls.—Parboil and chop enough liver to make a cupful, mix with it an equal quantity of bread crumbs, soaked in milk; also add a tablespoonful of softened butter, salt, cloves, and chopped parsley with three beaten eggs. Cook slowly until thick; make into balls; drop into a kettle of boiling water and cook for half an hour; drain and serve with parsley garnish.

Cabbage With Sausage.—Remove the outer leaves of a cabbage, take a good slice off the top and remove with a sharp knife as much of the heart as possible. Fill the cavity with sausage, replace the top, tie up and drop into boiling water. Cook until the cabbage is tender. Serve in slices hot or cold.

Sauer Braten.—Cover a piece of beef stew with vinegar and let stand forty-eight hours. Drain and lard it, sprinkle with spices and fry in drip-plugs. When brown, add a lemon rind, two sliced carrots and onions and boiling water. Simmer three hours. Thicken the gravy and add lemon juice to make it tart.

From snow topped hills the whirl-winds keenly blow, How! through the woods, and pierce the veil below, Through the sharp air a flaky torrent flies, Mocks the slow sight, and hides the gloomy skies. —Crabbe.

FURNACE COOKING.

There are many dishes which are most appetizing cooked in the furnace. A pot of beans placed on the ledge of the furnace door just inside will bake well all day, needing no attention. Care should be taken that the right kind of utensils for cooking are used, as even solid crockery may produce a crack and away go your beans on the cellar floor, if nothing more disastrous happens. All tempered earthenware dishes are safe to use in the furnace, aluminum if not used at too great a length of time and, of course, iron kettles and frying pans are perfectly safe. For further protection one could slip a roaster with the baking dish inside or put a sheet of sheet iron between the dish and the fire.

A delicious steak may be served by broiling over the coals. Use a long-handled cornpopper or put a long handle on the wire broiler used for that purpose. Have a dish set on the ledge to catch the gravy as you turn the steak.

Apples baked in a stone dish after being peeled and quartered are more delicious than the ordinary apple sauce. Casserole dishes of various kinds are easily taken care of in the furnace. A dish which one is at all doubtful of endurance, should be covered with asbestos before putting in the sheet-iron shield. Beans are best put in at night when the fire is banked, as they need such long, slow cooking. Stews can be cooked this way also as well as cereals and soups. Cheap cuts of meat, Irish stews, and many dishes may be well cooked in this manner. By a few experiments the housewife will discover many dishes which she can't prepare and leave to the furnace to finish.

Heavy padded holders and sometimes the coal shovel will be needed to carefully remove the dishes without burns. Where gas is the only fuel for cooking, this furnace method is highly economical.

DELICIOUS DISHES.

This is not new, but is not well enough known. Serve pumpkin pie with whipped cream generously sprinkled with grated cheese.

Pumpkin pie should not be too sweet. Use a cupful of pumpkin, two eggs and a pint of milk, a quarter of a teaspoonful of salt, a teaspoonful of ginger, a grating of nutmeg, a little lemon rind and a dash of cinnamon. If the pumpkin is the sweet kind, a quarter of a cupful of sugar will be ample. Bake this pie at least an hour, putting it into a hot oven at first to bake the crust, then lower the heat to finish the baking.

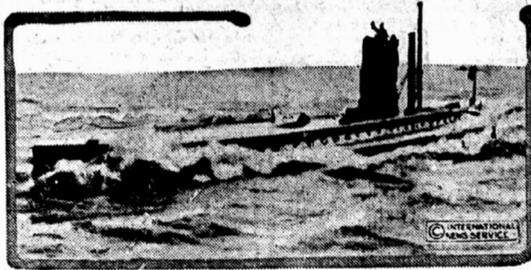
Tomato Ice.—Cook a quart of tomatoes, seasoned with grated nutmeg, sugar, paprika, salt and a little grated lemon peel. Strain through a sieve and freeze. Use an ice cream dipper to serve it, putting a cone on a nest of head lettuce. Cover with mayonnaise and serve with toasted cheese crackers.

Apple-Fig Roly-Poly.—An unusual dessert and most appetizing, may be made by rolling out a rich biscuit dough, then spread it with figs that have been cooked in a double boiler with enough water to soften. Their heat until smooth, add a little grated lemon peel and enough juice to flavor well. Spread this on the dough with a cupful of chopped apple, roll up and pinch the ends; place in a deep dish and cover with a cupful of boiling water, a half cupful of brown sugar, three tablespoonfuls of butter and two of lemon juice. Bake one hour. The sauce in which it is baked will be sufficient to serve with it.

Brown Onion Soup.—Cut fine four large onions. Melt in a saucepan two tablespoonfuls of butter, add the onions, cover and cook slowly, stirring until they are a pale yellow. Dredge with a few minutes until the flour is well blended with the fat, then stir in a quart of hot milk. Serve with small squares of fried bread.

Nellie Maxwell

GERMAN SUBMARINE AT FULL SPEED



This is an unusual view of a German submarine running at full speed on the surface, with her commander in the conning tower.

UNCLE SAM IS EYE DOCTOR TO MOUNTAINEERS

Public Health Service Doing Great Work Among Purest Blooded Americans.

TRACHOMA IN THE MOUNTAINS

Curing of Sore Eyes on an Enormous Scale Is Humanitarian Task Being Performed in Kentucky, Virginia and West Virginia.

Washington.—In a way—a very different way—the United States public health service is doing the very thing which Mark Twain's irresistible "Colonel Sellers" proposed to do with his "matchless, incomparable and altogether marvelous eye-water."

The colonel's plea for his eye-water, very much paraphrased, ran something like this:

"One million people in the United States have sore eyes, one million, sir! And now come I, with nature's most potent balsam—dew of earliest morn, plus distillations of the rarest herbs of field and forest—which, upon dropping one drop in the eye, soothes and cools, and which, upon repetition until the entire bottle is used, forever banishes pains and aches of every description. We will sell 10,000 bottles the first year at \$2 a bottle—10,000 people cured of sore eyes, \$20,000! We will sell 20,000 bottles the second year—20,000 pairs of eyes made whole, 20,000 grateful hearts, \$40,000! The third year we will sell, etc."

The public health service is not pushing its own or anybody's eye-water, and is not advancing its own or anybody's money-making scheme. But its most picturesque work has to do with the curing of sore eyes on an enormous scale. If direct parallel lies with the visionary scheme of Colonel Sellers, it is in the number of grateful hearts which thank this federal agency for restored vision.

This humanitarian work is being done among the purest-blooded white Americans in America—the mountaineers of Kentucky, Virginia and West Virginia. Down in these mountains, in small, isolated towns, far from railroads, are five little government hospitals which treat victims of sore eyes on a scale as large as that of many of the numerous city hospitals devoted to this specialty.

Trachoma in the Mountains. The chief cause of "sore eyes" in the mountains is trachoma. Possibly Mark Twain knew the prevalence of this affliction in the mountain sections of the South and Middle West and hence knew of the acute need for some such wonderful concoction as Colonel Sellers' eye-water. Very likely, the great humorist drew his inspiration from this knowledge.

Strange to say, however, the widespread existence of trachoma within the borders of the United States waited many years for official "discovery." For a long time, the experts talked of trachoma as an exotic disease. On the theory that it came from abroad and the chief danger to the American public lay in the admission of infected immigrants, trachoma was made one of the quarantinable diseases.

Every applicant for entry into the United States is carefully examined for traces of trachoma and thousands of otherwise good citizen-material have been turned back to their native lands from our ports because they had trachoma.

The "discovery" came a little more than three years ago, when Dr. J. A. Stuckey of Lexington, Ky., called the attention of federal authorities to the numerous cases of trachoma in the Kentucky mountains. Surgeon John McMullen, who had experience with trachoma patients at the New York and Philadelphia immigration stations, conducted an investigation. Of 4,000 mountaineers examined, it was found that 500 had trachoma. In consequence the hospitals were established; three in Kentucky, one in Virginia and one in West Virginia; at Jackson, London and Hindman, Ky., and at Coeburn, Va., and Welch, W. Va. These hospitals had more than 1,700 cases and performed 193 eye operations last October.

Effect in the Mountains. Trachoma is a disease of the eyelids. Granulated or sandy lids, it is often called. It leads to serious inflammation and blindness. It is both communicable and curable.

Among the mountaineers the work of curing the actual cases is proceeding rapidly; but more important is the task of teaching the mountain population to avoid infection by adopting more sanitary living arrangements. Their cabin homes are overcrowded; they use common wash basins and common towels; the mother is apt to wipe the eyes of the child with an apron upon which she wipes her own.

These people have lived much as they do now for 150 years, and, except for communicable diseases, such as trachoma, they are a healthy class. To effect change among them, in view of their isolation and decidedly settled opinions, has been a large undertaking.

The public health service is working a change among them, however. Frequent meetings are held in schoolhouses and churches, at which stereopticon slides are exhibited showing the precise means by which trachoma and other diseases, including typhoid, spread. This campaign of education has made rapid headway and, as cures multiply, the faith of the mountain public in Uncle Sam's teaching is increased.

Only a few years ago the sort of visitor from the United States government who was familiar in the Kentucky mountains carried a Winchester. He was looking for secret whisky stills and was venturing upon a dangerous errand among a very hostile people. The good samaritan from the public health office, upon his errand of love and charity, has now become as thoroughly an established character in this rugged region as the internal revenue agent used to be. Probably no other influence has served more effectively to bring the outside world into close and friendly relations with the mountaineers.

Sixty Miles for Treatment. "That these people realize and appreciate what we are trying to do for them," said the medical officer in charge of the trachoma work at the headquarters of the public health service in Washington recently, "was impressed upon me by an incident which occurred when I was at the Hindman hospital not long since."

"An old man brought in his son who was badly afflicted with trachoma. It was decided that an operation was necessary, but the boy overheard us tell his father this. He had slipped down and ran away, home. It was 20 miles across the mountains. The father and son had walked this 20 miles to the hospital."

"The father at once walked back, found his son and repeated the long foot journey into Hindman the next day, where the operation was performed and the boy cured. That meant a 60-mile trip on foot—hard, rough going all the way—by the parent to force his son to take advantage of the opportunity offered by the government."

"When we see these things we know our work is well worth doing."

The appeal of such incidents to the hearts of a simple, natural and kindly people is manifest. There was the case of a mother of four children, none of whom she had ever seen. The vision of both eyes was so far impaired by trachoma that in bright sunlight she could not recognize anyone. Following brief treatment at one of the mountain hospitals she returned to her family and saw her children for the first time.

There was an old man who was led 40 miles across the mountains for treatment. Though blind for years, his vision was restored and he returned home without escort.

As stated, there is no miracle-cure about it; no use of marvelous eye-water, no mystery whatever. Eliminating medical terms, it is largely a business of rolling back and sandpapering the inside of the eyelids. After that comes thorough cleansing, continued regularly by the patient. Of course, if the convalescent returns to the cabin and uses infected towels, the disease returns.

The work of the government surgeons in the mountains is not limited to trachoma. Not long ago one unusually busy day, an assistant surgeon received an unexpected visitor. It was a teacher from Hindman, Ky. where the eye hospital has since been established. She had ridden 23 miles to the railroad station and thence had made the long trip to Washington upon most urgent business. The assistant surgeon general had made her acquaintance in course of the trachoma field investigations.

No Poor in This Town. Hoquiam, Wash.—This city bears the distinction, according to the official head of the Salvation Army, of being the only city in the Northwest that has no poverty and no needy people. He bases his opinion on the fact that he has no calls for old clothing or other assistance.

At 83, Drives 400 Miles. Glen Easton, W. Va.—George W. Grant, eighty-three years old, who drove 400 miles with a thirty-six-year-old horse, from here to Wilmington, Del., has returned to this city by rail.

It required sixty-one days to make the drive. Mr. Grant drove to Delaware to see his children for the first time in forty-six years.

Physicians at the hospital said that Smith's tongue was slightly burned, but that he had not swallowed any of the acid.

Smith staged his attempt at suicide in a drug store at Illinois and Washington streets. After the clerk had sold him the acid he turned around and held the upturned bottle to his lips. A moment later he gave out a shriek, threw the bottle and remained lying flat on the floor.

Indianaapolis.—Edward G. Smith, aged twenty-five, of 552 North Jefferson avenue, decided to commit suicide, but quickly changed his mind after he had tasted a small quantity of carbolic acid.

The customary fatal note, in which he attributed his despondency to a quarrel with his wife, was found in his pocket.

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"How long will you be here?" she was asked.

"I am starting back this afternoon." "We'll send one of our men with you."

So, the second day following, a federal health officer accompanied the schoolteacher on the ride into Hindman. In a sense, the surgeon went armed but not with rifle and ammunition. A packhorse bore his arms—a very ordinary looking box containing a field laboratory especially designed for emergency war against typhoid.

He had serums for those already ill and assisted the local doctors materially in treating those already sick. What was more important, he had the means of locating the cause of the epidemic. This, after patient investigation, he finally discovered.

A typical mountain stream, cold and clear as crystal, runs through the center of the town. Some three miles up this stream the federal surgeon found the home of a "chronic typhoid case."

In Hindman the stream flowed near a well used by the pupils of the school. The water from the stream, bearing typhoid germs, had seeped through crevices in a limestone formation into the well.

PAROLED MAN A TRAVELER

Goets All Over the World and Reports Regularly Each Month to Oregon Judge.

Salem, Ore.—Although he has traveled to nearly every part of the world since his parole a year ago by Circuit Judge Percy R. Kelly of this district, John Schulz, convicted of attacking George Brown, a Newberg farmer, has faithfully reported his whereabouts each month.

In a letter received Schulz says he is "somewhere in France" and on his way to London. A few months ago Schulz reported from Canada, where he said he had been arrested as a German spy. He was released later, and to avoid further difficulties in his next letter he signed the name John Wilson. Since his parole Schulz has reported from Atlantic coast cities, Canada, South America, Sweden and France.

USE WITCHCRAFT IN INDIANA

Polish Woman in South Bend Gives Dying Infant Blood Taken From Mother.

South Bend, Ind.—Witchcraft is being practiced by certain Polish persons on the West side here. At an insanity inquest it has been learned that an aged woman, giving her name as Gottlieb Borkowska, has been posing as a witch.

A few days ago when a four-month-old babe was dying in the household of Jan Bykowski, the Borkowska woman appeared and induced the mother to give a teaspoonful of blood from the veins in her neck and feed it to the child. This, asserted the "witch," would save the infant.

The mother was charged a \$9 fee, and the next day became temporarily insane. In one instance the Borkowska woman is said to have scourged children to drive out the devil.

MRS. ALBERT T. CHURCH

Mrs. Albert T. Church, wife of Lieutenant Church, U. S. N., holds an important place among the women who are entertaining this season in the army and navy set of Washington.

Green Skeleton of Early Man.

Prescott, Ariz.—The skeleton of a prehistoric man, of a beautiful shade of green, has been dug up in the residential district here. The verdant coloring was a puzzle until it was discovered the bones had become incrustated with copper. The skull showed unusual cranial development.

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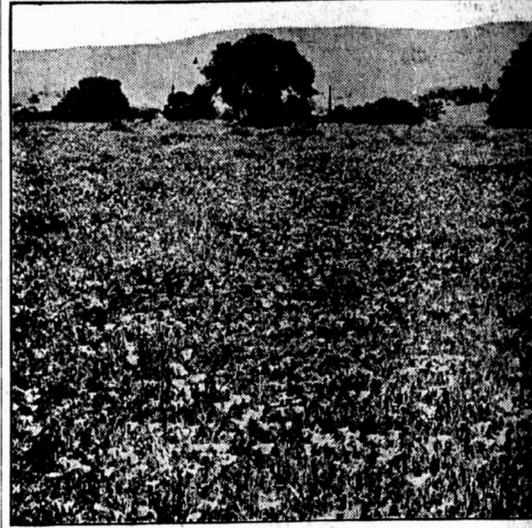
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The HOME BEAUTIFUL

Flowers and Shrubbery— Their Care and Cultivation



A Wonderful Poppy Field.

STUDY YOUR CATALOGUES

By E. VAN BENTHUYSEN.

Get your catalogues early and study them. Make your selections and order early. This assures the goods on time and a better selection.

Be sure to include a mixed packet of climbing nasturtiums for that corner where the sun scorches everything else. They are beautiful in coloring and are subject to only one real insect pest, the cabbage worm, and it succumbs to hellebore or soap-suds.

California poppy is another sun-loving plant. Its gay foliage blends attractively with its golden leaves. Its only drawback is its short life.

The scarlet salvia has no peer in color. It is a brilliant plant and should be started early in the house. Cosmos requires an early start, also. It is difficult to get this plant early enough to bloom much before frost, but the buds will continue to open in water for weeks.

Select the chrysanthemum effects among asters. Their branching and ostrich plume effect are sure to please. There is a world of color to select from and they are hardy and beautiful.

The simple culture of pansies makes them a delight in the garden. Include a packet of these beautiful little flowers of diverse colors in your order. Plant sweet peas as soon as the ground can be worked in the spring. Late planting brings failure. The more the flowers are plucked the better and bigger they grow. The colors are beautiful and range from purest white to a red that is almost black. One of the favorite specimens belong to the violet-colored family.

There is room in your garden for the bachelor button. It is highly regarded as a boutonniere in the big cities and brings a surprising price. Make your plans now and reap the glorious result in midsummer.

GERANIUMS FROM SEED

By ADELE J. POWELL.

Last spring I purchased a package of "Large Flowering California Geraniums," and planted them in a pot about the middle of March. I kept the soil moist and placed the pot in a sunny window, where in eight days the first tiny plant made its appearance, and from then until some time in June the seeds kept germinating, and when the last one was about an inch in height, the others were sprouting their fourth and fifth leaves. There were 18 altogether.

As each little geranium grew its second leaf, I transplanted it carefully into a two-inch pot, and when 12 or more were growing nicely, in May, I again transplanted all the nice, bright-looking "babies" to a tub of sandy soil, and put it out on