

The KITCHEN CABINET

In all human affairs there are efforts, and there are results and the strength of the effort is the measure of the result.—James Allen.

Resolve to be thyself, and know that he who finds himself, loses his misery.—Mathew Arnold.

SPECIAL DISHES FOR INVALIDS.

When beef tea is needed in a hurry broil a slice of roundsteak for a minute on each side, lay on a deep plate and score very closely, cutting half way through. Turn and score on the other side at right angles. Pour over hot water to half cover the meat and set in a warm place and turn the meat often, press in with a fork until it begins to look white. Squeeze the meat dry in a meat press and salt to taste. Serve either hot or cold. If reheated take great care not to coagulate the albumen.

Bread Crumbs.—Simmer a cupful of bread crumbs in a pint of water until all absorbed. Rub through a strainer, season lightly with salt and serve hot or cold. For variety brown the crumbs first, and flavor with beef essence or reduce the water to one cupful and add one-half a cupful of cream.

Farina Porridge.—Take two tablespoonfuls of farina, one-fourth of a teaspoonful of salt, a cupful of boiling water and a cupful of milk. Sift the farina into the boiling, salted water and cook till it thickens; then add the milk, beating smooth, and cook in a double boiler 15 minutes.

Koumiss.—Dissolve half a yeast cake in half a cupful of tepid water, mix it with a quart of milk, as fresh as possible; add a tablespoonful of sugar, and when well mixed put in bottles and tie the corks in with stout cords. Let stand 12 hours at a temperature of 75 degrees, then place on ice or turn the bottles upside down until wanted. A champagne tap is convenient to draw the koumiss, but if care is used when opening the bottle, enough may be saved to refresh the patient after decorating the walls and furniture, not to mention yourself. Do not make more than enough to last two or three days.

Norwegian Rice.—Cook rice tender; then reheat in well-seasoned chicken stock. Put on a platter; sprinkle with chopped chicken liver, scrambled eggs and grated cheese.

Nowhere is the sky so blue, the grass so green, the sunshine so bright, the shade so welcome, as right here, now, today. No other blue sky nor bright sunshine, nor welcome shade exists for you. Other skies are bright to others. They have been bright in the past and so they will be bright again, but yours are here and now.—David Starr Jordan.

ECONOMICAL MEAT DISHES.

There are many cooks who do not appreciate the value of calf's hearts. Two hearts carefully washed and all the waste removed, can be cooked in boiling water to cover, adding such seasoning as is enjoyed, then slice and serve hot or cold. Calf's liver larded with salt pork or bacon and baked is another delicious dish, easy to prepare and leaving no waste.

Beef Tea.—Cut round steak in small cubes, put into a mason jar and stand the jar on a trivet in a kettle and simmer for two or three hours, then season well; very carefully heat, as overheating will spoil the tea.

Braised Liver.—Make a dressing of one-half a cupful of finely chopped suet, one cupful of bread crumbs, one teaspoonful of sweet herbs, a little grated lemon rind, and salt and pepper to taste. Mix well and set aside while preparing the meat. Cut calf's liver in slices, not too thin, and roll each in flour, salt and pepper. Lay thin slices of salt pork in the bottom of a baking dish and put the liver on top of them with dressing. Add water or stock to moisten and cover the dish closely. Cook in the oven an hour. Serve in the dish in which it was cooked.

Beefsteak Pie.—Cut left-over broiled steak in one-inch pieces. Cover with stock made from beef extract, using a half a teaspoonful to a cupful of boiling water. Add one small onion sliced, and cook slowly until the beef is tender. Remove the onion and make a sauce of the strained liquid, seasoning with salt and pepper; add a tablespoonful of worcestershire sauce. Add two cupfuls of potatoes, cut in half-inch cubes, previously parboiled for five minutes in salted water. Turn this mixture into a deep earthen dish and cover with rich biscuit dough, either in the form of biscuit or a crust, with an opening to allow the steam to escape. Mashed potato brushed with egg may also be used, which will take less time for the baking.

Chopped lamb seasoned with chopped green pepper and made into croquettes is a dish that is well liked. Serve with a sauce and chopped pepper as a garnish.

Failure is in a sense, the highway to success, inasmuch as every discovery of what is false, leads us to seek earnestly after what is true, and every fresh experience points out some form of error, which we shall afterward carefully avoid.—Keats.

PALATABLE SWEETBREAD.

The sweetbread received its name from a fancied resemblance to the rising lumps of dough, destined for bread. When buying sweetbreads be sure that they are fresh and choose the largest. They should be pink and clear and if not used immediately should be parboiled.

Broiled Sweetbreads.—Wash and parboil the sweetbreads and rub them well with butter, then broil over a slow fire, turning occasionally, and basting with butter.

Sweetbreads boiled and pounded to a paste with cooked peas, adding seasoning, makes a most delicious filling for sandwiches.

Sweetbread Salad.—Cut small cooked sweetbreads into dice and mix with twice the amount of finely cut celery. Mix mayonnaise with whipped cream, add a little onion juice and plenty of red pepper and salt and serve on head lettuce, with slices of lemon for garnish.

Larded Sweetbreads.—Soak three heart sweetbreads in cold water with a bit of vinegar, drop them in boiling water for three minutes to blanch them, then plunge into cold water, press them between two plates for a half hour. Lard with strips of bacon. Put into a saucepan one sliced carrot, one sliced turnip, a few sprigs of parsley, and one sliced onion; lay on top the larded sweetbreads, and pour over them a cupful of stock, simmer slowly for thirty minutes. Melt a tablespoonful of butter in a saucepan, add a tablespoonful of flour and when well mixed add to the stock; cook five minutes. Dish the sweetbreads and pour over them the sauce and vegetables, or the sauce may be strained.

Sweetbreads with mushrooms is a delicious combination which may be served in ramekins, patty shells or in timbale cases.

Sweetbreads and Bacon.—Blanch the sweetbreads, fry in bacon fat and surround with bits of curled bacon and a few slices of fried cucumber for a garnish.

Character is built out of circumstances. From exactly the same materials one man builds palaces; while another builds hovels.—G. H. Lewes.

DISHES FOR VEGETARIAN.

There are hundreds of delicious dishes quite unknown to the meat eater who has his vegetables only boiled every time they appear.

Potato Sausage.—Take half a pound of bread crumbs, half a pound of cold mashed potatoes, a quarter of a pound of chopped onions, two eggs and a quarter of a pound of butter, with pepper and salt to taste. Mix all thoroughly and form into sausages, tie each in a cloth and boil as one does puddings. This sausage is good if cooked oatmeal is added instead of bread crumbs.

Vegetable Curry.—Put some butter and slices of carrot in a saucepan, add a turnip cut in fine, some potato and also onion, cut in dice. Season with salt and add a little water. When the water reaches the boiling point add two tablespoonfuls of curry powder and a tablespoonful of flour, mixed together with a little cold water to make the mixture smooth. Stir until it boils and allow it to simmer until the vegetables are tender. Peas, cooked beans or rice are also good additions to this dish.

Apple and Almond Pudding.—Stew ten good cooking apples, sweeten to taste and flavor with lemon. Put a layer of cake crumbs in a buttered pudding dish, then add the apple pulp, over this scatter two heaping tablespoonfuls of finely chopped or ground almonds and pour over one cupful of custard. Bake in the oven until the custard is set. When quite cold beat the whites of three eggs to a stiff froth, then add two tablespoonfuls of sugar and drop it by spoonfuls upon the custard in little heaps; set in the oven again until the whites are of a light brown color. Serve either hot or cold.

Garnish Fruit Salads with fruit leaves of the fruit used in the salad if obtainable.

Custard Souffle.—Put two tablespoonfuls of butter in a saucepan and when bubbling hot add two tablespoonfuls of flour, blend well and add a cupful of milk; cool until smooth. Add four egg yolks, beaten with two tablespoonfuls of sugar and set away to cool. Half an hour before serving fold in the beaten whites and bake in a pudding dish set in hot water. Serve with creamy sauce.

Nellie Maxwell

NATIONAL GUARD AUTO WIRELESS STATION



GREAT NATIONAL "AERIAL DERBY" IS BEING PLANNED

Race by Aeroplane From Atlantic to Pacific Will Start Early in the Fall.

BIG CASH PRIZES OFFERED

Interest Intense Among Aviators and Manufacturers of Aeroplanes—Rivalry Among Cities Across Continent for Designated Place on Route of Racers.

New York.—Not only has the picturesque history-making project of an aerial race from the Atlantic to the Pacific seized the imagination of the entire country and attracted the interest and indorsement of United States senators and representatives and governors of many states and started rivalries among cities across the continent for a designated place on the route of the racers, but, as may be imagined, the interest has become intense among aviators and the manufacturers of aeroplanes and motors.

Inquiry upon inquiry has poured into the Aero Club of America regarding details of the transcontinental aeroplane competition for the Pulitzer cup and the cash prizes, the first of which is \$20,000.

To meet the special and public demand for information as to how this great national aerial derby is to be conducted, the Aero Club of America sets forth the project with its patriotic and progressive objects and tentatively—for the officials are still holding themselves open to suggestions from aviators and firms entering their brands of machines—have formulated the rules and conditions of the contest.

Many Important Prizes.—The Aero Club of America's statement reads, "has offered a first prize of \$20,000 to be awarded the aviator winning the contest under the conditions to be herewith described. There will be about fifteen 'controls' (landing stations) on the route, and each city which is made a control will give prizes, making a total of from \$100,000 to \$150,000, from which fund equal principal prizes and other special prizes will be awarded—the first eight as follows: First prize, \$20,000; second, \$15,000; third, \$10,000; fourth, \$7,500; fifth, \$5,000; sixth, \$2,500; seventh, \$2,000; eighth, \$1,500."

Special prizes will be given for the best time between controls and for the best demonstration with radio, sending messages to land stations, for the making of maps for the war department and of photographic films for aeronautical maps of the first great aerial highway.

The winner of the Pulitzer trophy will, of course, be the first aviator who lands at the final control on the Pacific coast. But when it comes to the awarding the cash prizes certain penalizations of time are to be considered for changes in the motor and aeroplane parts of the machine during their transcontinental journey. A set of these penalizations regarding motor changes, repairs and alterations has already been tentatively drawn up, forming, as nearly as possible, a consensus of the suggestions of entrants and aeroplane makers.

Many Landings.—Whatever the route chosen, the distance between controls east of say, Kansas City, will not be more than 850 miles, and in desert and mountainous countries in the West the distance between controls will be limited to between 175 and 275 miles.

"The contest committee," says the

Aero club statement, "proposes this limitation for the following reasons: To prevent excessive flying, making it possible to every aviator to fly in this initial long distance contest with safety, and to approximate ordinary conditions to be met in every-day practice, in aerial training, carrying mail, passenger carrying, etc.

"To give a larger number of controls and enable the population of important centers in different parts of the country to see the competing aeroplanes and become familiar with the present possibilities of aerial transportation.

"To hold the contestants together as far as possible.

"Each competitor must expend a minimum aggregate of hours while his machine is on the ground in the controls. These periods of 12 hours will be called 'resting time.' No competitor will be allowed to start until the 12 hours' resting time shall have elapsed. A competitor may expend as much time as he likes at the starting control, but after once having been officially started from any control, the whole time until he reaches the next control will be counted as flying time.

Saturday, September 2.—The contest will commence on Saturday, September 2, 1916, and will finish at latest on Saturday, September 30, at 7:30 p. m.

"The contest is open to competitors of any nationality holding an aviator's certificate issued by the International Aeronautical federation and the Aero Club of America's yearly license, and to the militia, aero clubs, cities and any other organizations wishing to participate and who can enter a properly equipped aircraft and a licensed aviator.

"The entrance fee is \$200, and entries will be received up to 12 noon, August 1, 1916. The entrance fee of \$200 is payable either in one sum or as follows: \$100 by 12 noon on August 1, \$100 by 12 noon on August 15. Late entries will be received up to 12 noon, August 25, 1916, in which case the entry fee will be \$500. The entry form, which must be accompanied by the entry fee, must be sent to the secretary, Aero Club of America, No. 297 Madison avenue, New York city.

"The start will be made from Sheephead bay, Belmont park or Garden City on Saturday, September 2, 1916, at 1 o'clock p. m. The order of starting will be by lot and announced five days prior to the start of the competition.

"Controls, open at 6 o'clock a. m. The competitor who makes the fastest elapsed time between controls shall start first, the others following at intervals determined by the difference between the time of their respective flights and the time of the fastest flight.

"Each competitor before starting will be supplied with a time card, on which will be entered his time of arrival and departure from each control. The competitor is alone responsible for the safe custody of his card and for its being produced and entered up at each control, and for the production of same when duly called upon.

Stoppages En Route.—"Stoppages en route between the controls are not prohibited, and frequent official landing places will be established between controls, about fifty to one hundred miles apart. Competitors will only be timed from the departure from any one control to the arrival at the next control.

"Individual replacements and repairs to the aeroplane and motor may be made, but the competitors making the repairs will be duly penalized according to the conditions to be decided by the contest committee. Changing of unbroken propellers and undamaged wings will not be penalized.

"Carrying a passenger weighing not less than 145 pounds is compulsory. Equipping an aeroplane with dual control to enable passenger to participate in piloting is allowed.

"Every aeroplane is required to have as part of its equipment compass, chart holder and fire extinguisher.

another clerk—if he can find them. He wants a girl, preferably of Swedish or German descent, for general housework and another for clerking in his store, which is in a town of 2,000 60 miles from Chicago. He will pay the girls \$2 a week, with board and lodging, while he or his wife lives.

This Pastor is a Giant.

Lyons, Neb.—Rev. Charles Wayne Ray, pastor of the Methodist church here, stands six feet four inches in his stocking feet.

Man Killed Own Son by Mistake.

Aladdin, Pa.—Believing he was shooting at a burglar hidden behind a door, John Arner shot and killed his fourteen-year-old son, Lloyd.

CHARTING LAKES HAS TAKEN YEARS

Government Has Spent Millions to Make Waterways Safe for Ships.

PERIL OF JAGGED REEFS

Herculean Fight Against Unseen Shoals That Menace Navigation Has Been Carried on Since 1841—New Method of Sounding.

Detroit, Mich.—Summer after summer the fleet of the Lake Survey sails the broad expanse of the five lakes and the score of bays and inlets searching for danger spots that may claim their heavy toll in human life and vessel tonnage.

Probably no frequented waterways in the world are so hazardous as the Great Lakes. At no time is a steamer on them more than a comparatively few hours from shore and periodically fierce storms arise, fully as violent as those experienced on the ocean, which play with the steel ships, battering them helplessly about, threatening to engulf or sweep them ashore.

Over \$5,000,000 has been spent by the government since 1841 for the prosecution of the work of charting the lakes. Locked in heavy timber boxes, protected from fire in immense vaults in the old post office building, Detroit, are over 1,300 field charts, dating back to 1818, when a survey of Lake Erie was made by officers of the British navy. With few exceptions the maps are the result of the scientific researches of United States engineers and surveyors.

Work of Generations.—These maps represent the work of generations of men who have toiled to make the Great Lakes safe. As a result of their investigations light-houses have sprung from barren rocks, and the solemn ringing of bells on buoys carries their warnings to passing navigators.

While the work of charting the lakes has been carried on since 1841 with only one break in the task, which occurred in 1880 and lasted until 1890, there is still much to be done to make the survey a thorough one. In fact it was only 12 years ago that what might be called an unfulfilling system for testing the depths has been devised.

Previous to that time the old method of dropping a weight of twelve pounds or so, trying to keep the line plumb, was employed. The system was far from infallible.

This lightweight testing method was employed until the '90s. Then came the heavy 100-pound sounding bell. This heavy obstacle was dragged through the water, a machine on board ship registering the angle the metal was deflected from the boat as the ship steamed along. The bell's sheer weight made it an excellent drag.

But this system was too crude and imperfect. Twelve years ago Major Keller, United States Engineer corps, in charge of the lake survey, devised a method whereby a piano wire from 1,000 to 5,000 feet in length, slung from two launches and weighted down, was used to search for shoal spots and other elevations of submarine land.

Today this ingenious device is in use on the lakes and as a result of it many shoal and reef regions, hitherto unknown, have been listed.

Increase in Commerce.

During the years of the decade beginning in 1880 the commerce of the Great Lakes had begun to assume considerable proportions, and the American government planned a canal at Sault Ste. Marie to connect Lake Superior and the lower lakes. The only charting, however, had been accomplished by engineers connected with the British navy.

In 1841 Capt. W. G. Williams, who was at that time in charge of harbor improvements in Buffalo harbor, was ordered to take charge of the surveying of the Great Lakes. By 1878 what was assumed to be a thorough survey of the lakes had been made and the following two years were spent in the compiling of documents and the perfection of charts then in existence and circulation.

The years that had been spent up to 1880 on making the geodetic or submarine survey of the lakes had witnessed marvelous changes. The flow of population moved westward like a tidal wave and cities sprang seemingly out of the very earth. The five lakes were white with the sails of commerce.

By 1890 schooners were fast becoming obsolete. The heavy draft steamer that displaced water to the depth of 20 feet had driven the light vessels of 11 and 12 feet draft from the field.

That a resurvey must be made became evident. Provisions had been made only for vessels of light displacement. Appropriations were made by congress to carry on the work again. In searching for a shoal area as much as \$10,000 has been spent. The work of the Lake Survey has for its object the preparation of accurate navigators' charts of the lakes and no pains are spared to make the maps complete. The work of searching for shoals is long and tedious. To sweep a full square mile costs somewhere around \$50.

Engine Pushes Head Away.

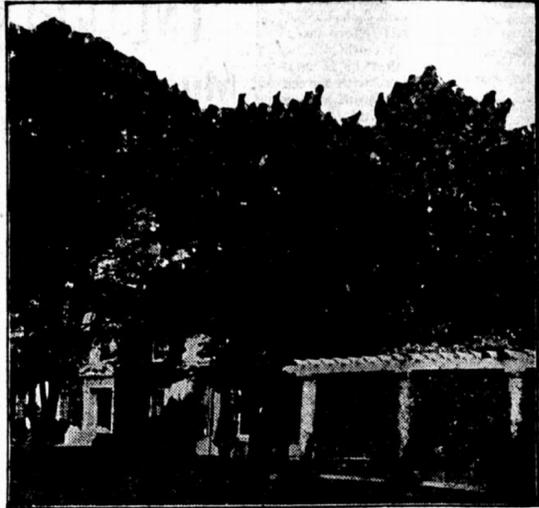
Van Wert, O.—Robert Dickens, who runs a yard engine, left the cab of the locomotive, while waiting on a siding, lay down along the track with his head on the rail and went to sleep. A leaky valve permitted the engine to move three feet. The wheel pushed his head aside, but ruined the cap he wore.

Man Killed Own Son by Mistake.

Aladdin, Pa.—Believing he was shooting at a burglar hidden behind a door, John Arner shot and killed his fourteen-year-old son, Lloyd.

THE HOME BEAUTIFUL

Flowers and Shrubbages—Their Care and Cultivation.



Fine Trees Which Add Beauty to the Home.

HANDLE TREES WITH CARE

By W. R. GILBERT.

To my mind, there is not half enough attention paid to the way trees are put into the hole when planting. Some people think that because trees have roots they should grow nearly on top of every ditch in the country.

For ten years I planted trees yearly. Half the trees I planted the first year failed because I didn't know how to plant properly. I said to myself there was something wrong somewhere, either in the trees or in my want of knowing how to plant.

I experimented a couple of years and found out the secret of my failure. Half of the young trees are nearly useless for planting, on account of the way that they are pulled at the nurseries.

Some men, when they go pulling trees in the nurseries, pull away just as though they were pulling turpins in a hurry, slapping the roots together and throwing them away as if they were no more than rotten limbs.

Young trees, to my mind, should be handled as carefully as eggs. They should be dug out of the ground. When the roots are strained in the pulling they grow the first year badly and then die away. I examined the roots of a dozen young trees; there were two strained, and I cut the roots short in two more, for experiment's sake.

FLOWER HINTS FOR BEGINNER

By E. VAN BENTHUYSEN.

Flowers should have a friable, very fertile soil in which to grow. Often they will make a fine showing in very poor soil, but like humans they appreciate good care.

Do not allow the flowers to form seeds. As soon as the flowers begin to fade, pinch them off; your flowers will keep in bloom much longer and the blooms will be larger if you pay attention to this little detail. Pansies and sweet peas particularly require looking after.

Use your flowers in borders and around the sides of your lawn. Never make flower beds in the center of your lawn. A bit of green turf well cared for is an asset to any home grounds.

If you want a soft, thick turf on your lawn mow it often and let the clippings lie where they fall. This keeps the soil from drying out too much and helps fertilize it as it decays.

Support sweet peas on a hedge of brush. This is better than poultry netting, as the sun does not beat it and burn the tender tendrils of the clinging sweet pea.

Plant your shade trees far enough away from the house to allow the air to circulate around the house. Sunshine in the home is a tonic and care should be exercised when planting that trees do not interfere or shade the windows too much.

Do not plant your flowers too close together. Give them all a chance for life. Pansies should be planted ten inches apart; Petunias and Verbenas at least 18 inches apart; Marigolds, two feet; Poppies, 10 inches; Zinnias, 18 inches, and Phlox, a foot. Flowers will not be plentiful or thrifty if grown too close together.

THE WINDOW GARDEN

By L. M. BENNINGTON.

Pay strict attention to the potted plants as regards water and shade, for all plants require some shade during summer, especially from the afternoon sunshine.

If you have plunged your pots in

The ones that were not strained grew healthy from the start and are growing well. The ones that were strained grew nearly right the first year and died the second year, and the ones that I cut a little of the roots off lived in "decline."

The roots, when planting, should be spread out evenly in a broad hole, not deep, the roots just barely covered. Where some, or most people, perhaps, make the mistake is in sticking the roots in a bundle in a deep hole.

Trees planted in this fashion are bound to fail. At least it has been my experience.

Some people give the trees a pull up after planting. With this method I don't agree. There is no need of any more handling.

It is important to press the roots, secondly, say after a month, because if the air gets down alongside the stem the tree is liable to fall.

I have found always that the fall was the best time for planting. When they were put in later I had more failures.

Another thing I noticed in planting, if the young trees are any length of time pulled, they are pretty sure to "go under."

I always steep the roots in a hole of soft water the day before planting, and I have found them to grow and take root more quickly than if they had not been steeped.

the border, see that the drainage hole, once a week, to prevent the roots striking through the drainage hole.

Repeat the calla lily in August.

If you want cinerarias for Easter, you must plant the seeds in August. Prepare the seed bed carefully, and sprinkle the dustlike seeds on the surface of the soil. Then cover with a piece of glass, which remove carefully as the seedlings appear. Water carefully and keep growing rapidly.

If you have never seen the snapdragon of the present day and want spikes of beauty a foot long to gladden you, sow seeds of the improved snapdragon.

When making your cuttings of geraniums and the like, keep the slips damp until well rooted, then pot. Keep all buds pinched off. The oleander will root quickly if slips are cut three or four inches long, put in a bottle of water and hung in a shady place.

HOME GROUND BEAUTIFUL

By L. M. BENNINGTON.

As soon as the spring flowering shrubs, like lilacs and others, have done blooming, prune them. Cut back to a strong eye or shoot, reserving the characteristic form of the shrub.

This is the time to rest the house plants. Do not encourage growth by overwatering or fertilizing. Pinch back every bud that shows.

Look out for the weeds and do not let them grow a foot high and then pull them. By so doing you are apt to disturb the surrounding flowers. If they have not been attended to early in their existence better let them alone.

For autumn blooming plant the asters. There is an endless variety of colors and blooms and they come to shed their glory when other flowers are past their beauty stage.

One of the fastest growing vines we have is the kudzie vine (Pueraria thunbergiana). It comes from the south of Japan and is hardy.

Use a sharp knife or scissors when gathering flowers. Gather them early in the morning and keep them in a large pall of water for some time before distributing them around the house in vases.



The New "Home Beautiful" Garden.

INTERESTING FACTS

Belfast, Ireland, shipbuilders are working at highest pressure finishing the 36,000-ton vessel, the Staaten-fam, built for the Holland-American line, and the Belgemland, the 27,000-ton ship launched for the Red Star line.

In model form an English inventor has succeeded in operating a railroad car that is raised above the track by the repelling force of electricity and draws forward by magnets above it.

The markets of Irkutsk, in Siberia, are an interesting sight, for the products offered for sale are in most cases frozen solid. Fish are piled up in stacks like so much cordwood, and meat likewise. All kinds of fowl are similarly frozen and piled up. Some animals brought into the market have their legs propped up on their legs, and have the appearance of being actually alive, and as one goes through the markets one seems to be surrounded by living pigs, sheep, oxen and fowls standing up.

FORTUNE AWAITS TWO GIRLS

Will of Chicago Man Leaves \$70,000 Estate to a Maid and a Clerk.

Chicago.—An unusual situation due to the death in domestic came to light when the Illinois Free Employment office announced that a man worth \$70,000 who is adding \$1,000 a year to his belongings is willing to give his fortune at the death of himself and wife to two girls—one a domestic and