THE KITCHEN CABINET

Then laugh!
And show your teeth,
And make the ringing music fill the air.
So laugh and laugh,
It puts a wreath
Of joy and lasting grace on ev'ry care.

INEXPENSIVE DISHES.

To be popular these days means the ability to use economy and pass on any new discoveries which have been helpful in cutting down food bills. Wisdom should be used in being economical. Saving food at the expense of the health of the family is being "penny wise." For the plump, well-fed individual a meal missed two or three times a week will be found most advantageous, and let that food or its equivalent be given to those who have not food enough.

Butterscotch Pie.—Line a deep plate with pastry and fill with the following mixture: Melt two large tablespoonfuls of butter and a cupful of brown sugar; cook till a rich brown, then add a large cupful of scalded milk. Simmer until the sugar is dissolved and whip in the yolk of an egg which has been stirred with a tablespoonful of cornstarch. Bake until the custard is set and spread with a meringue made from the egg white well beaten and a tablespoonful of powdered sugar. Flavor both filling and meringue with vanilla.

Strawberries Preserved Whole.—Crush two quarts of small berries and simmer gently for 20 minutes, then strain. For a pint of juice allow a pound of sugar. Heat the sugar and add the juice, return to the heat and cook until thick, skimming when necessary. Fill hot glasses with hulled, whole berries, cover with the boiling sirup and put on covers.

Bran Pudding.—To a half-cupful each of bran and whole-wheat flour, add one-half cupful of chopped raisins, two tablespoonfuls of sugar, one cupful of milk, one well-beaten egg, one tablespoonful of melted butter, one teaspoonful of grated lemon rind and a half-teaspoonful of salt. Steam two hours and serve with a hot lemon sauce.

Irish Stew.—Cut up and brown in a hot pan a pound of mutton. Add sliced potatoes, onions, carrots, a teaspoonful of flour, salt and pepper to season; cover with a cupful of boiling water and stew gently for two hours. Pile on a dish and serve hot.

Tomato With Sardines.—Place slices of tomato with two skinned and boned sardines to each slice, arrange on lettuce leaves and serve with French dressing.

Those who will live on white flour exclusively will have various forms of liver and stomach troubles as well as constipation.

"Out of the silence comes thy strength." Try to be calm for a few days, be silent, patiently listen and wait for the strength that is bestowed on all. Begin today.

ECONOMICAL LIVING.

Everybody is trying to be as careful as possible about wasting foods and not serving any great variety. If we could all so plan our lives using the Fletcher methods, we would have infinitely better health and save a vast amount of food thereby. One of the first rules is: 1. Do not eat until you are hungry even if you skip two or three meals. 2. Never eat when you are hurried, worried, unhappy or angry. 3. Consult the appetite before eating and eat just what is demanded at the time. 4. Hold every mouthful of food in the mouth as if it were the last you ever expected to get. Give the entire attention to it, taste it until there is no taste left. Enjoy it for all it is worth. The third rule is the one on which trouble might easily hinge, as those who have appetites have not all trained them to right living.

In discussing rule three with Mr. Fletcher one man said, "Can the indulgence of the animal appetites lead to temperate habits when history shows that they have always, from the beginning of time, led to gluttony? Why, if I followed my appetite, I should never pass a saloon and should always go to bed with my boots on every night." Mr. Fletcher replied, "Suppose you try it and see." The stipulations were that he should surrender without a struggle to everyone of his impulses to eat or drink, the one condition being that he should make sure that the impulse sprang from a physical demand and not a mental craving. He proved that it was a restless mind and not physical appetite that was calling for alcohol. The principle that excess springs not from our natural appetites, but from acquired cravings, teaches us that our natural appetites, rightly observed, understood and interpreted can be trusted to guide us aright. By following this teaching the desire for elaborate and expensive concoctions as well as condiments or liquors will be lost and an appreciation for the delicate and subtle flavors of such food as rice and bread will be developed. This man who advocates the indulgence of the appetite eats but one meal a day, and that is of the simplest foods.

Laugh!
For mirth is next to health,
When mirth springs up from innocence and fun;
Laugh! 'Tis quite ahead of wealth!
'Tis joy that knows no pang when once begun!

PRUNE DISHES.

There is no more wholesome fruit than the luscious dried prunes which are always in market. It is an advantage to buy the large-sized prunes, as the smaller ones have as large pits with less meat.

Prune Cake.—Take a half cupful of shortening, add one cupful of molasses, a cupful of sour milk, one egg and a cupful of brown sugar. Mix a teaspoonful of soda in the sour milk, add a little salt and spices to taste, with four cupfuls of flour and three and a half cupfuls of chopped prunes. Bake in a slow oven.

Stewed prunes, pitted and cut fine, filled into a baked shell and covered with sweetened whipped cream, make a most delicious dessert.

Stuffed Prunes.—Select large, perfect prunes. Steam them until tender but not too soft. Remove the pits carefully and stuff the prunes with finely chopped hickory nuts and raisins well mixed. Other fillings may be used, but this seems to be especially good. Roll in granulated sugar just before sending to the table.

Prune juice is especially good for small children, alternating it with orange juice. These juices supply the needed mineral ingredients necessary to the blood.

Prune Brown Bread.—Take a cupful of corn meal, two cupfuls of graham flour, one-half cupful of molasses, one cupful of sour milk, one teaspoonful of soda, one teaspoonful of salt and one cupful of finely chopped pitted prunes which have not been stewed. Scald the corn meal and add the other ingredients. Put into greased tins and steam three hours.

Simple Prune Whip.—Press a cupful of well-cooked prunes through a colander, add one-half cupful of sugar and the stiffly beaten whites of two eggs. Mix lightly and heap in sherbet cups. This is especially good for children or invalids, and also makes a fine cake filling.

Potted Lentil Cheese.—Mix well cooked lentils with grated cheese, various seasonings, press to squeeze out all the moisture and put into glasses. Keep in a cool dry place.

Such savory plants must sure be good
That serve at once for emblems and for food.

THINGS TO CONSIDER.

A pound of split peas, whatever the price, is at the present moment a better food than a pound of meat. Peas are easily digested. Peas, beans, macaroni, rice and oatmeal are all superior foods. Potatoes digest in about the same time as beans, but the advantage is far on the side of the beans.

This year with potatoes so high, the substitutes have been studied greatly to the disadvantage of the ubiquitous potato. Rice is cheap and is more easily digested than potatoes; it takes rice one hour to digest, the potato three. Rye, as well as whole wheat and cornmeal, should take the place of white bread on our tables.

In the cooking of vegetables in many households the valuable mineral salts are thrown down the kitchen sink and the family are being starved for the elements that keep a well-balanced organism. The doctor is called on to administer iron which should be taken naturally from the vegetable foods.

It should be the aim of every house mother to study the needs of her family as to the physical, mental as well as moral life. There is no doubt that food has a great influence upon the body and mind. Many a man is a drunkard because of insufficient food or improperly balanced diet.

Children who are given highly seasoned foods, pickles and condiments, are paving the way for future stomach trouble or dissipation. Poor cooking, bakers' bread and such food, creates dyspepsia and its gnawings are often mistaken demands for stimulants until the habit is formed.

Food should be properly, but not over, seasoned. To season food to such an excess that its flavor is entirely disguised is neither good sense nor good cooking. Salt should be used to make food more palatable, an excess of salt is not good for the system, and pepper and all spices should be used most sparingly.

After the pie is made and put into the oven, unless you are a most exact workman there will be small bits left which may be used in several ways.

Nellie Maxwell

The Guess They Missed.

Carlo had been lost all day and the children of the neighborhood had been securing and scouting in their attempt to restore him to his youthful owners. The children in the family which claimed Carlo for its own were well-nigh broken hearted. Just as nurse was putting them to bed, in walked father with a triumphant look upon his face which to anyone not suffering the bereavement of a beloved Carlo would have betokened gladsome tidings. The children even failed to heed a sharp, ecstatic bark in the adjoining room, father had closed the door so quickly.

"Kiddies," said dad, "I have been hunting Carlo all evening. Just as I was about to give up and come home I stepped inside Mr. Jones' moving picture theater and there, right near the door, whom do you suppose I found?"

"Mother and Aunt Lucy," was the reply from his youngsters.—Indianapolis Star.

Packing apples attractively helps to sell them for more money.

CONSIDER GROUNDS ABOUT YOUR HOME

Good-Looking Premises Increase Value of Property by Big Percentage.

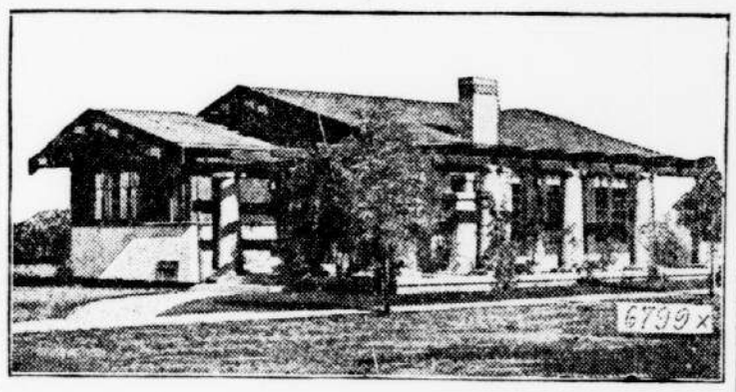
ATTRACTIVE PLAN GIVEN HERE

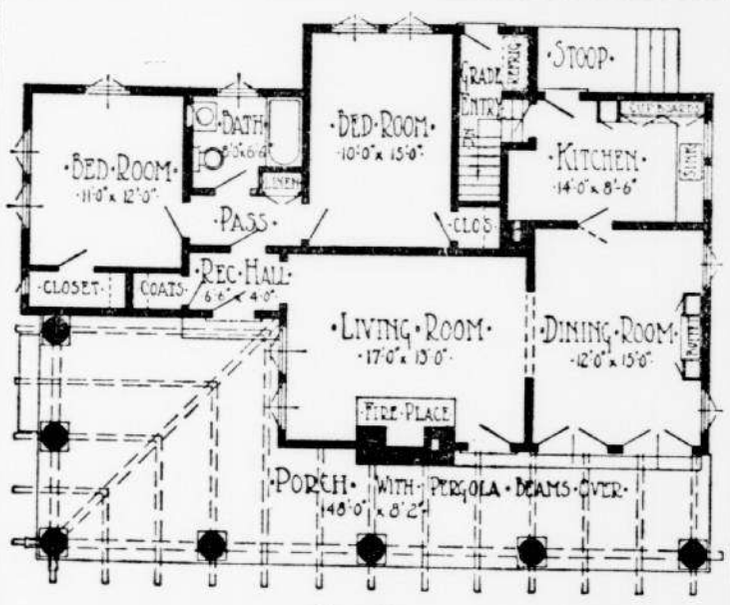
This Artistic Bungalow Should Have Plenty of Lawn Space—Pergola Can Be Made to Serve as Roofed Porch.

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 1827 Prairie avenue, Chicago, Ill., and only enclose two-cent stamp for reply.

By WILLIAM A. RADFORD.

Every person who builds a house which is to be used as his home finds himself confronted with the problem of deciding how much he can afford to spend for the beautification of the premises. Of course, everyone wants a beautiful home. Those who have studied art, and especially architectural art, insist upon the embodiment of a definite artistic scheme, agreeable with their particular conception of the beautiful, in the house design and layout of the premises. Such a person is usually able to convey to the architect the ideas which will enable him to shape the images in his mind so that they will conform with these definite ideas of the home builder. The architect then acts in the capacity of an adviser, suggesting details which seem, in his judgment, to add to the effectiveness of the scheme, while at the same time he analyses each idea with the object of determining just how it may be adopted in the structural sense. The average man must trust very largely in the architect's judgment. This does not mean that he has no conception of architectural beauty, but rather that he has not spent enough time in the study of this subject so that he is able definitely to transfer this conception into words. The architect may determine the principal features which are desired by reference to a number of photographs of houses of many different types, out of which the prospective home builder may select houses which have the features in which he is interested well worked out. The study of floor plans is usually based upon established ideas of the home builder more than the external appearance of the house is. Home builders, as a rule, have a better idea of the room arrangement which they desire than they have of the desired appearance of the exterior.





Floor Plan.

The value of beauty in the home is evidenced in many ways. Fundamentally, it affects the sale value of the property, and money spent in the beautification of the premises, within certain limits, is, therefore, a good investment. Beauty affects the atmosphere of the home, making it especially wholesome as the surroundings of the growing children whose early impressions are so important in the development of their dispositions and habits. A home which the owner cannot be proud of is hardly the kind of home for the average man.

Beauty in architecture is probably as widely defined as beauty in music or in painting. It can be defined only in the broadest terms, allowing each individual to add the personal elements which will complete the meaning for himself. An element which tempers beauty in architecture is serviceability. This element is largely responsible for the difference in opinions between people as to what is really beautiful and what is not. This practical element is also the influence which places beauty in architecture on a different basis from beauty in music or painting.

There may be beauty in a simple little house just as thoroughly as there is beauty in a mansion. The smallest of houses in the two-story type are usually beautiful in their simplicity. Some of the largest houses are beautiful in their dignity. The bungalow type of house may be beautiful because of its simplicity or because of its clever ornamentation, and it is, therefore, in somewhat of a distinctive class in regard to this quality.

The lawn surrounding a house is, of course, a strong factor in building up the appearance of the picture. Unfortunately, this factor cannot have the weight it rightly deserves in a great many cases because of the limitations of a thickly settled community. There are locations where land values are not excessive, and in such places the lawn is a most effective means of emphasizing the beauty of a well-designed house. Here, again, the bungalow type of construction has a distinctive place, since by suitably altering its architectural treatment a harmonious effect may be produced where the lawn is almost anything from simply a grass plant to an elaborate garden in which trees, shrubs, flowers and grass all have a place.

The illustrations will serve to suggest a moderate artistic treatment of the bungalow idea where there is sufficient lawn space to form an effective background for the novel building. This bungalow could hardly be beautiful if built on a small lot, closely flanked with buildings and erected too near the highway or street. Given the proper setting, it is decidedly beautiful in its outline, color scheme and general appearance.

The building carries a low gable roof with rafter and purlin decorations. The sides of the house are made of stucco up to the bottoms of the windows, from which point the remainder of the surface is finished with stained shingles. The most attractive feature of the exterior is the large pergola porch. There is a novel, artistic and decorative value possessed by a pergola, properly designed and placed and tastily arranged with flowers and vines. For this reason the pergola around the front of this home creates the idea of warmth, comfort and coziness which is one of the characteristics of the properly designed bungalow. Some people find objection to the pergola because it loses its serviceability in rainy weather. There is no reason why the pergola cannot be built to overcome this objection. Panels of wire glass may be fitted above and between the pergola beams in such a manner that the pergola roof will be just as effective as any porch roof in sheltering the porch from rain, yet the appearance is not noticeably changed.

The pergola porch is connected to both the living room and the dining room by French doors. These doors have the effect of brightening the rooms into which they lead, both because of their artistic design and large glazed area. Casement windows are also generously used in all parts of the house but the kitchen.

The main entrance is into a reception hall. A small closet is conveniently placed in this hall. Along the front of the house the living room and dining room form a pleasant combination, there being a large cased opening between them. The bedrooms, with bath between, kitchen and rear entrance stoop, grade door and stairs occupy the rear portion of the house. The bedroom arrangement is very convenient, and the kitchen has been designed to reduce the labor of housekeeping to a minimum.

Climate Affects Fall of Leaves.

There is no doubt that climatic conditions influence the fall of leaves from the trees. To determine the effects of varying rainfalls a French meteorologist made observations for a dozen years, chiefly on lime trees, which are fed from the deep soil, and has found that, with the usual winter reserve of moisture in the subsoil, foliage is independent of drought and heat. Cold is not so well withstood, premature frosts decidedly hastening leaf fall. Different plant species behave differently, and in 1907, with plenty of soil moisture, the leaves of the lime trees fell unseasonably, two months before those of the plane trees and the fruit trees.

Swamp Reclamation.

Pyamatuning swamp, lying partly in Pennsylvania and partly in Ohio, is to be converted into a lake 25 miles long and from one to five miles in width, to be utilized for a water supply for many towns within a radius of 100 miles. The project calls for erection of a dam at one end of the swamp. The task will be performed at public expense by the state of Pennsylvania. It is hoped to make the project pay by generation of electric power.

DADDY'S EVENING FAIRY TALE

BY MARY GRAHAM BONNER

THE GYPSY BEAR.

"The Russian brown bear," said Daddy, "went back to his home after a long, long trip and when he had had a good meal with plenty of berries he told the little bears the story of his adventures.

"The mother and daddy bears sat around too, and Brownie, as the Russian brown bear was called, began to talk in gruff roars that sounded rather different from a friendly talk. However he was really being sociable and pleasant.

"'Some gypsies were going along when I was wandering quite a way from home.' All the little bears thought it must be wonderful to wander off and find new friends. But their mothers and daddies scowled so Brownie didn't talk much about his first wanderings.

"'I met these gypsies,' he continued, leaving out a great deal about the places he had wandered around first before he met them. He knew the mothers and daddies wouldn't want the little bears to hear about them by the way they scowled at him. While they wouldn't mind hearing about the gypsies because they didn't think the little bears would care for the hard and uncomfortable life the gypsies led.

"'They had a wagon with them and two horses. The horses looked very lazy I thought at first, but after a little time I knew why. They had to go so many miles and more than that, they had such heavy things to carry in the wagons.

"'You see the gypsies have no houses and so they carry along with them their beds, their stoves, their food, clothes, and everything they may need. And this was pretty hard on the two horses who dragged the wagons.

"'At first I thought the life was wonderful. At night we would gather around a camp fire and I would dance for them while one gypsie played on a round thing they called a tambourine.'

"All the little bears growled and said,

"'We have no idea what it is. Can it be a hand-organ or is it a stone? Perhaps it is a drum such as they have in the circus.'

"'Very good guess,' said Brownie. And the mothers and daddies smiled a great smile and were very proud.

"But then the little bears remembered that they had made several guesses and they were not sure which was the right one.

"'Tell us about the right guess,' said the little bears.

"'The tambourine,' said Brownie 'is like a little drum, only it has nice jingles around it which rattle and make a gay sound when it is beaten upon.

"'The gypsy who used to play when I danced was named Maka, and she had lovely black hair. She could sing, too. It made me feel like doing tricks, hearing them all laugh. I loved Maka's singing and her laugh which was like a brook when it ripples over the pebbles. And she used to say,

"I Would Dance for Them."

"'Good Brownie, good old bear.'

"'After a time though I grew very tired. My feet hurt. I had to walk so much. And we stopped through villages and got so very little food. We almost had to live on what was given to us or what we begged for. And sometimes we hadn't enough to eat. The gypsies were too lazy to work or hunt for food, and yet they lived such a hard, hard life.

"'The singing and the dancing and the blazing camp fires were only a very small part. The worst was the awful walking over all sorts of roads, the tired feeling at night, and the meal which was so very uncertain. It was sometimes several days before we got anything really nice to eat—and it never was so very, very nice.

"'Oh,' sighed Brownie. 'The gypsy life sounds so full of adventures and it seems so wild and wonderful. But ah, the camp fires and the gay beads they wear and the bright shawls, do not make up for tired feet, our hunger and our homeless wanderings.

"'I had adventures but they were hard, unhappy adventures and I forced my way back against all sorts of troubles and in fear of being caught every moment, for I wanted to warn other bears against thinking gypsy life was fine. And we had to dance in the villages until we almost dropped and do tricks over and over again. Ah no, the woods suit me!'"

On the Wrong End.

"Don't say, 'How it is rainin'!' Pronounce your 'g.'"

"I know, teacher. Let me say it."

"Say it."

"Gee! How it is rainin'."

Opinions and Aspirations.

An opinion does not have much influence on character while it remains a possession of the head. But when it enters into the heart as aspiration it begins to count in the life. Some people's ideals seem powerless to help them because they are only intellectual, quite outside the affections.—Girls' Companion.

Man Who Can't but Tries.

Don't forget that the man who can, but doesn't, must give place to the man who can't, but tries.—Comtelburo.

Kin Hubbard Essays

THE LIVER

Th' shameful treatment that is being accorded th' human liver in this day an' age is a reflection on our boasted civilization. We're rushin' ahead settling the affairs of the world while th' great American liver struggles along doin' two livers' work without a friend in either branch o' congress.

Th' human liver (Swedish "Lever") is a large gland that reposes in th' upper right hand corner o' th' abdominal cavity an', when conditions are as they should be, it weighs one-fortieth as much as th' body it which it is attached. It is th' main gazoline o' th' human works but, nothwithstandin' th' important roll it plays in our present

When th' Human Liver (Latin "Jecur") Is Happily Situated, Ther Is No That Looks as Bright an' Beautiful as th' World.

o' life, liberty an' happiness, it is th' most abused, most misconstrued, most ignored, most imposed on, most neglected an' lied about organ of which th' medical fraternity has any knowledge.

Next t' a yeller dog ther haint nothin' that responds as readily t' kindness as th' human liver. Prunes, when properly stewed, are fine fer th' liver, but how many of us are darin' enough to' order them? We occasionally eat an apple jest t' please th' liver, but we rarely take th' liver int' our confidence when we attend a Jefferson Day banquet. We are not chummy with th' liver. How many of us fully knowledge of it's plumbin'?

A feller's disposition is regulated by his liver. Th' liver is th' seat of all his inclinations an' impulses. We often hear it said of a feller that he entered int' this or that with his heart. It wuz his whole liver. Th' credit that goes t' th' heart fully belongs t' an agile liver. The heart 'll often butt in where it ought t' tread.

Some fellers are very lavish with th' liver. Ask them t' do somethin' fer the liver. Next t' a poor relative ther haint no liver. Some girls become

OUR APPALLIN' LITERARY OUTPUT

When we look at th' great mass o' literature that tests th' capacity o' book stores an' news stands we can't help thinkin' what a scramble ther must be fer even standin' room in th' field o' literature. Most anybuddy roundin' forty kin easily remember th' day when two or three family story papers, a couple o' magazines, a stack o' Ned Buntline's yeller backs, a certain illustrated pink weekly devoted to' crime an' th' prize ring an' "Lovell's Library" constituted what wuz regarded at th' time as a first-class book an' news depot. "Lovell's Library" wuz made up of paper backed novels—thrillin' stories of adventure an' heart meltin' tales o' love—by such celebrated writers as Wilkie Collins, Clark Russell, Mrs. Henry Wood, Ouida, Hugh Conway, Charlotte Braeme, Robert Buchanan an' Th' Duchess. Th' great popularity o' Adam Bede, Th' Mill on th' Floss, Black Beauty, Lena Rivers, Uncle Tom's Cabin, Robinson Crusoe an' Enoch Arden had dwindled t' a fair demand, but were t' be found among th' others.

Jest think o' th' appallin' literary output o' t'day. It would require an abandoned skatin' rink t' carry a full line o' current literature. In th' average home th' cartin' away o' th' accumulated literature has come t' be as much of a problem as th' removal o' ashes an' garbage. A literary disposal plant is one o' th' urgent needs o' th' times. On returnin' from a week's vacation one has t' tunnel thro' th' great drifts o' papers an' magazines t' reach th' front door. Ther's no longer any mystery about how th' other half o' th' world lives. It writes. Fer ever' mail box ther's an amateur writer. As th' days draws t' a close he may be seen skulkin' along thro' th' shadows t' a mail box bearin' a thick reel o' manuscript addressed t' some magazine publisher. He knows some magazine needs it t' balance up its advertisin'. When a magazine editor returns a manuscript it's because he hain't got room fer it. It's no sign he has read it. Writers know that. They jest remail it t' some other editor. The great difficulty in contributing to magazines is knowin' which magazine editor rips open a story he covers pages an' calls t' his assistant "George kin we use about four hundred words next month?" George answers right off th' hat (he is thoroughly familiar with th' contents o' ads): "Yes, it'll jest balance up the ads."

But th' author never quits. Sometimes he drys up fer a week or two days, but he's soon at it again. He knows that ther must be somewhere some editor that's holdin' his door open fer his story an' he mails it and remails it till he hits th' right editor.

Writin' looks awful easy, an' it is of it must be awful easy. There's a reason so many neglect ther personal appearance an' become writers. I often thought I'd lay off some afternoon an' write a novel. But when fer magazines is th' best sport. It's lazy an' fascinatin' as fishin'. You your own master. You don't even have t' be available. Jest so your story is long enough or short enough—jest th' editor receives in August for the May number. All he wants is material fer it an' plenty o' time.

In th' Average Home th' Cartin' Away o' th' Accumulated Literature Has Come t' Be as Much of a Problem as th' Removal o' Ashes and Garbage. A Literary Disposal Plant Is One o' th' Urgent Needs o' th' Times.

When we reflect that Pilgrim's Progress wuz writt'n in jail, that Tasso and Pellico an' Tasso did ther best work behind th' bars, that Sir Walter Raleigh's admirable history of the world wuz written with his hands handcuffed behind him in th' Tower o' London, that Leigh Hunt wuz locked out a fine when Rimini wuz written, an' that Daniel Defoe laid th' plans for Robinson Crusoe while he wuz in a lock-up we must confess that the world t'day is purty lenient after all.

(Copyright, Adams Newspaper Service.)

What's in a Name?

Mrs. Goode—Do you have much influence with your husband?

Mrs. Better—I certainly have. He used to play a disgraceful game called pool, but I insisted that he stop it, and now he plays pocket billiards instead.

The Mysteries of Rain.

It is usually supposed that the downpour of rain that sometimes follows a flash of lightning is due to the coalescence of fine drops on losing their electrical charge, but a Finnish observer concludes that the thunder jars the drops together. Near Vasa a heavy thunderstorm came up from the east late one afternoon, and, as the sun was unclouded, a brilliant double rainbow appeared in the east for half an hour, arching from horizon to horizon. At each roll of thunder the rainbows seemed to be much shaken, the whole being displaced and the colors blurred. This could not be due to the lightning and it seemed that the same cause might enlarge the raindrops and disturb the rainbow.

Art of Letter Writing.

The art of letter writing is well defined by James Howell, who held that a true familiar letter is the art of expressing one's mind as if he were discoursing of the person to whom he writes in succinct and strict terms.