

The KITCHEN CABINET



Upon the shoulders of the past we stand, And to the future turn our questioning eyes. What doth she hold in store, what precious prize That we may wrest from out her close-shut hand?

—Elizabeth Wade.

POTTED MEATS AND FISH.

In England potted meats are an every-day occurrence, and the knowledge of potting is known by the plainest cooks. Meats such as ham, tongue or chicken, as well as fish left over from a meal, is potted for a luncheon dish, rather than making it into hash which is too common in most of our families. The goodness of potted meats depends upon the pounding and seasoning. If carefully prepared and put away they will keep for a long time and will be found most helpful in preparing emergency dishes.

Potted Chicken.—Take cold roast chicken, rejecting the skin and sinews, chop fine and to every pint allow a half cupful of chopped ham or tongue. Put the bones of the chicken into a saucepan, add a pint of cold water and simmer until there is a half pint of stock; strain and remove the fat. Pound the chicken, ham or tongue to a smooth paste. An old-fashioned mortar and pestle is used for this, or it may be ground through the meat chopper until fine. Then pound, add a little of the broth to thicken; season with cayenne, nutmeg and a tablespoonful of butter. Put into small jars and press down tightly, cover with a cloth, and cover the cloth with a paste made of flour and water, and bake in a moderate oven one-half hour, the jars standing in water. Take out, remove the cover and pour melted butter over the meat. Tie with a paper moistened with white of egg and keep in a cool, dry place. This will keep for months, and makes an ideal hot weather dish. Fresh beef's tongue, cold roast veal, boiled or roast mutton, ham and smoked tongue may all be potted in the same manner.

Potted Fish.—Pick cold, cooked fish to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the fish to a paste, pack in the jars and cover with melted butter.

Potted Ham.—Pick cold, cooked ham to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the ham to a paste, pack in the jars and cover with melted butter.

Potted Tongue.—Pick cold, cooked tongue to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the tongue to a paste, pack in the jars and cover with melted butter.

Potted Mutton.—Pick cold, cooked mutton to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the mutton to a paste, pack in the jars and cover with melted butter.

Potted Beef.—Pick cold, cooked beef to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the beef to a paste, pack in the jars and cover with melted butter.

Potted Pork.—Pick cold, cooked pork to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the pork to a paste, pack in the jars and cover with melted butter.

Potted Lamb.—Pick cold, cooked lamb to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the lamb to a paste, pack in the jars and cover with melted butter.

Potted Veal.—Pick cold, cooked veal to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the veal to a paste, pack in the jars and cover with melted butter.

Potted Chicken Liver.—Pick cold, cooked chicken liver to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the liver to a paste, pack in the jars and cover with melted butter.

Potted Chicken Gizzard.—Pick cold, cooked chicken gizzard to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the gizzard to a paste, pack in the jars and cover with melted butter.

Potted Chicken Heart.—Pick cold, cooked chicken heart to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the heart to a paste, pack in the jars and cover with melted butter.

Potted Chicken Kidney.—Pick cold, cooked chicken kidney to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the kidney to a paste, pack in the jars and cover with melted butter.

Potted Chicken Liver and Gizzard.—Pick cold, cooked chicken liver and gizzard to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the liver and gizzard to a paste, pack in the jars and cover with melted butter.

Potted Chicken Liver and Heart.—Pick cold, cooked chicken liver and heart to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the liver and heart to a paste, pack in the jars and cover with melted butter.

Potted Chicken Liver and Kidney.—Pick cold, cooked chicken liver and kidney to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the liver and kidney to a paste, pack in the jars and cover with melted butter.

Potted Chicken Liver, Gizzard and Heart.—Pick cold, cooked chicken liver, gizzard and heart to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the liver, gizzard and heart to a paste, pack in the jars and cover with melted butter.

Potted Chicken Liver, Gizzard and Kidney.—Pick cold, cooked chicken liver, gizzard and kidney to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in water and bake one hour in a moderate oven. When done and cold, pound the liver, gizzard and kidney to a paste, pack in the jars and cover with melted butter.

water; cook until the cherries are tender, then thicken with cornstarch and cook until the starch is well cooked. Serve hot.

Thou mayest not rest in any lovely thing, Thou who wert formed to seek and to aspire; For no fulfillment of thy dreams can bring The answer to thy measureless desire. The beauty of the round green world is not Of the world's essence; far within the sky The tints which make this bubble bright are wrought; The bubble bursts; the light can never die. —Lucy Larcom.

HERE'S A RAISIN.

Until the shortage of sugar, we never realized the wealth of sweetness stored in some of our dried fruits, and never considered them in regard to their sugar value. As raisins are three-fourths sugar, why not take advantage of that when using them in various dishes? The saving of sugar is not so vital now, but we still need to use economy so that foreign nations may have a share. A handful of raisins added to almost any fruit salad adds to its flavor and richness. For a toothache one of the pleasant remedies is a split raisin, sprinkled with a few grains of cayenne; press the pieces together and place the raisin on the gum nearest the tooth. A hot raisin is said to cure earache.

Apples Stuffed With Raisins.—Wash, core and remove the pulp from a dozen smooth, firm apples. Put through the meat chopper two cupfuls of the apple removed, and two cupfuls of seeded raisins; add one tablespoonful of lemon juice. Stuff the apples with this mixture and place them in a greased baking pan. Into a sauce pan put a cupful each of water and corn sirup, add a tablespoonful of butter and boil for five minutes. Pour this sauce over the apples and bake until they are tender. Serve either hot or cold.

Raisin Pancakes.—Beat the yolks of three eggs, add two cupfuls of milk (sour), two tablespoonfuls of melted fat, three cupfuls of flour, a teaspoonful of salt and one teaspoonful of soda. Beat well, then add one cupful of seedless raisins and fold in the stiffly beaten whites. Cook on a hot griddle and serve with maple sirup or honey.

A few chopped and steamed raisins added to ordinary boiled frosting makes a very good cake filling. Nuts will make a still richer filling, if a few are added, finely chopped.

In counting off our life By harvest moons, the checkered, tolling years Show in their record more of peace than strife. More joy than sorrow, more of smiles than tears. —Ellen Allerton.

GOOD EATS FOR HOT WEATHER.

During the summer the wise house-mother serves plenty of vegetables and fruits, cutting down on meats, rich pastries and puddings, thus saving herself and the digestion of her family.

As most people like a bit of sweet to end the dinner, why not prepare a plate of stuffed dates or a dish of homemade candy to substitute on the days that fruit is not served as a dessert?

Pastry shells filled with fresh fruit or with various gelatin mixtures are both pleasing to the eye and palate. The fruit may be crushed, sweetened and mixed with or garnished with sweetened whipped cream. The shell of course is baked, and when used with fruit which will soak its delicate texture should not be filled until ready to serve. With the gelatin, however, that may be put into the shell as soon as it is stiff enough. Make the gelatin mixture and when it begins to set, beat it well with a Dover beater, then let chill and fold in the stiffly beaten whites or whipped cream or serve it piled high in the crust with a border of whipped cream and berries. One will find many new and pretty ways of serving these dainty pies.

Ceylon Tomato Salad.—Peel three solid tomatoes, cut them into halves and press out the seeds. Chop the tomatoes and put into a bowl, add a tablespoonful of lemon juice, a teaspoonful of salt, a tablespoonful of chopped onion and the same of green pepper, with half a teaspoonful of paprika. Mix and turn into a dish in which it is to be served. Add four tablespoonfuls of coconut cream and serve at once.

Coconut Cream.—To prepare coconut cream grate one good sized coconut and pour a pint of boiling water over it. Wash and stir until all the flavor has been washed from the fiber. Turn into a cheesecloth and press firmly. Strain the milk thus obtained in a cool place over night, when a thick cream will have formed on the surface. Remove this and set aside for various dishes.

Cherry and Quince Soup.—Stem and stone a pint of deep red cherries; dice them in a saucepan with the rind and grated rind of a lemon, half a cupful of quince juice and a pint of

water; cook until the cherries are tender, then thicken with cornstarch and cook until the starch is well cooked. Serve hot.

NEW VERSION OF SPORTS STYLES



Just what will happen next to sports clothes is a fascinating subject for speculation. The new weaves in silk have intrigued them into beautiful extravaganzas, and other unusual fabrics have lent them originality. All sorts of materials, from leather to cricket flannel, with a company of sturdy wools forming their main dependence, invite designers to become independent. Cleverness is at a premium, nothing is considered erratic and there are sports clothes and sports clothes; some of them for actual sports wear and some of them merely versions of sport styles.

For actual sports wear, coats and skirts of wool, or heavy cotton, are plain and cut on boyish lines. Skirts wide enough and patch pockets big enough are their sensible outstanding features. The sweater and sweater-coat, in greater variety than ever, reappear, entitled to more service stripes than any other garment. One of the new, short slip-on models occupies the center in the group of three sports costumes pictured here. This is a very popular model and is made

in many gay and brilliant colors. At the left of the picture a very handsome suit reveals a plaited skirt of silk in which a plain satin stripe and a crepe stripe alternate, the satin stripe in white and the other in light green. The jacket, of white taffeta, has a quilted pattern on the collar and cuffs, and forming a border at the bottom, having the stitching done in green silk thread. Stitching covers the narrow belt and defines the pocket, proving a very original and beautiful embellishment.

Roshanara crepe makes the unusual dress at the right of this picture. It has a straight panel at the back but achieves the effect of a loose, cut-away coat at the front, with flaring sleeves that are split up the back. Crepe georgette is used in facings that extend beyond the edges of the sleeves and coat drapery. It took audacity to add a sash of the same material as the dress, to this design, but it is here and vindicates its presence by finishing perfectly a smart and comfortable sports dress.

For Youthful Wearers



It takes considerable discrimination to choose suits for girls who are not quite grown up or for those who are grown, but still in their teens. It is not half so simple a matter as it seems, to express youth by varying the cut and finish of garments just enough to take them out of the young woman class and place them in the young girl company. Generally, in suits, this is accomplished by making coats vague as to fit and simple as to line and by following current fashions, as becomes youth, at a distance. The two suits presented in the picture are examples of good designing to meet the needs of the miss from fourteen to nineteen, and they are recommended for young women who affect youthful styles, providing their figures are girlish enough to suit these models.

Jersey cloth, serge, duvetyn or any of the standard suitings will make the smart suit shown at the left of the picture successfully, but the firmer weaves appear to be the best choice for misses' suits. This one is of beige colored serge trimmed with rows of narrow silk braid to match and insets of navy blue taffeta. The skirt is noticeably wider than those in vogue for older women and is gathered in at the waistline. Five short bands of braid in rows at each side simulate pockets. The coat in this suit hangs from the shoulders in lines that are straight

at the front and a little flaring at the sides and back. In this particular suit a deep cape collar replaces the small turnover that is so youthful, worn with a tie of silk, for the younger girls. But a smaller collar would not admit an inlay of taffeta such as finishes this one. The braid on the sleeves is put on in rows but not in straight lines and a curved inset of taffeta is placed above it. The sleeves are especially good. Dark blue serge makes the chic suit with bloused coat, at the right of the picture. Narrow braid in two rows finishes the collar, the sleeves, and the skirt of the blouse. Silk cord and round buttons account for the fastening in the best way and form a finish for the close-fitting sleevelet. The collar in this suit is the style best liked for girls.

Satin Floor Cushion. Big floor and divan cushions are covered with colored satin, in a tone to match the room furnishings, and are finished with double ruffles of the fabric. Two colors are used, one on one side, the other on the other side of the cushion, and the double ruche shows both colors.

DADDY'S EVENING FAIRY TALE

By MARY GRAHAM BONNER

MOTHER BEARS.

Daddy told the children as they were about to have their evening story that he had decided he would tell them a great deal about the zoo animals, for he had been studying a good deal with the keepers, learning all about the ways of the animals, and he thought Nick and Nancy would like to hear about them.

So all of us are going to learn more and more about the zoo animals, hearing the things that Daddy learned when he listened to the stories the keepers had to tell. We are going to hear of some of the trips the children made to the zoo with Daddy and sometimes how Daddy left them alone with the keeper and the keeper told them stories of the ways of the animals when free.

Sometimes, too, they would just watch the animals and by their sounds and actions they would tell their own stories. So we are going to hear all these things, we shall hear some of the things the animals in the zoo do when they are free, and how differently they live in the zoo.

Sometimes, too, we are going to hear that they do the same things in the zoo as out of the zoo, for so they do!

At any rate, everything that Daddy found out to tell his two children, and which I am telling to you, is quite, quite true. The animals tell their own stories by their actions, by their ways. They don't have to talk the talk of children or of grown-ups.

So that all these animal stories, of course, are true, just as they have always been true and always will be true, for animal stories which weren't true wouldn't be any fun at all.

When we want make-believe stories we have fairy tales and all such delightful things to talk about.

But when you read of one of these animals and of its ways and what it eats, and how it looks after its children you can know that it is quite, quite true, and that I wouldn't want it to be anything else.

For here's a secret, a true, true secret. There is so much that is wonderful in animal life and in bird life, so much that we can never find the time to half tell about, that we don't need to make-believe about the animals and the birds. They're so much, much more interesting just as they are.

Of course, there will be plenty of bird stories and fairy stories and other kinds of stories, so we'll have all sorts, but this is just a little chance I have to tell you all that every story which Daddy tells to Nick and Nancy about the ways of an animal or little living creature is quite true. I



How Wonderful Little Cubs Are!

thought it would be nice for everyone to know that.

Well, this is to be a short story told by mother bears.

"The daddy bears are different in the zoo from when they're free," said one mother bear.

"Yes," said another mother bear, "the keeper knows that and so he separates the daddy bears for they, alas and alack, eat up their little ones when in the zoo. But a mother bear won't do such a thing even in the zoo," ended the first mother bear.

"How wonderful little cubs are," said the second mother bear.

"Wonderful," said the first mother bear.

"They're so chubby, and round, and cunning," said the second mother bear.

"They're absolutely adorable," said the first mother bear.

"And they come at just the right time of the year," said the second mother bear.

"Yes," agreed the first mother bear, "they love the winter and the cold weather."

"So do we," said the second mother bear, "and we feel just like taking care of them in the winter and doing things for them."

"We'd sleep if we were free," said the first mother bear, "but we'd only be dozing and half-sleeping when the little ones come, for it is really the latter part of the winter when they're born."

"Yes," said the second mother bear, "and all the little ones want at first is to eat and sleep, which is just what we want them to do."

"We do get along so beautifully," said the first mother bear. "It's nice to be a bear and to have little cubs come to cheer up an old bear."

"It's a nice world," said the second mother bear, "for there are bears to it!"

DOCTOR URGED AN OPERATION

Instead I took Lydia E. Pinkham's Vegetable Compound and Was Cured.

Baltimore, Md.—"Nearly four years I suffered from organic troubles, nervousness and headaches and every month would have to stay in bed most of the time. Treatments would relieve me for a time but my doctor was always urging me to have an operation. My sister asked me to try Lydia E. Pinkham's Vegetable Compound before consenting to an operation. I took five bottles of it and it has completely cured me and my work is a pleasure. I tell all my friends who have any trouble of this kind what Lydia E. Pinkham's Vegetable Compound has done for me." —NELLIE B. BRITTINGHAM, 609 Calverton Rd., Baltimore, Md.

It is only natural for any woman to dread the thought of an operation. So many women have been restored to health by this famous remedy, Lydia E. Pinkham's Vegetable Compound, after an operation has been advised that it will pay any woman who suffers from such ailments to consider trying it before submitting to such a trying ordeal.

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W. N. U., HOUSTON, NO. 29-1919.

NO NEED FOR THEM TO PART

Young Man Willing to Sacrifice Himself to Soften Blow to Poor Father-in-Law.

The young man had asked him for the hand of his daughter, and a pang wrung the fatherly heart of Mr. Jones as he looked at the youth, and thought of the bitterness of parting with his well-beloved child.

"I suppose, Oliver," he said at last, "it is only natural and right that when the young birds have become old enough to fly, they should leave their parental nest and go with their chosen mates to build nests of their own, and yet it pains me when I think of one of my fledglings getting ready to fly away."

"This seems to be a good-sized nest," suggested the young man, anxious to soften the blow; "perhaps you'd rather have me and Gertie stay here."

State Leads in Blind.

Pennsylvania has more blind people among its residents than any other state, but the percentage is greater in New Mexico.

EVERYTHING FAILED

Then Mrs. Bozarth Used Doan's for Kidney Trouble. Says Worth Weight in Gold.

"Doan's Kidney Pills are worth their weight in gold for they cured me after all other medicine had failed," says Mrs. B. Bozarth, 87 Water St., Mt. Holly, N. J. "For over three years I was in misery."

"The pain in my back grew worse until I had to go to bed. I sleep nothing but toss about. The stinging pains shot through my body and my head ached and throbbled. My eyes felt as though they would bulge out of my head. The blinding dizziness made me think I was going to lose my mind. Everything would turn dark."

"The kidney secretions burned, were the color of coffee and passed every few minutes in very small amounts. I felt all a-flutter with nervousness. I scarcely ate anything and I lost twenty-four pounds. I felt short of breath and my heart would palpitate. Sometimes I would shake all over and become numb."

"Doan's Kidney Pills soon gave me relief. I couldn't believe this little 60-cent box had helped me after the doctors' expensive treatments had brought no results. Three boxes of Doan's cured me." Sworn to before me. R. J. B. SLACK, Notary Public.

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