The KITCHEN CABINET

"A COMMONPLACE life, we say, and we sigh;
But why should we sigh as we say:
The commonplace sun in the commonplace sky
Makes up the commonplace day.
The moon and the stars are commonplace things
The flower that blooms and the bird that sings;
But sad were the world, and dark our lot,
If flowers failed and the sun shone not.
And God, who sees each separate soul
Out of commonplace lives makes His beautiful whole."

—Susan Coolridge.

Soups.

The variety of soups is legion and of the making of soup there is no end A really good, well blended, nicely seasoned, appetizing soup is not a common variety. Soups that are to precede a course dinner must of necessity be simply hot and stimulating to the stomach to prepare it for the heavy dinner to follow. A cream soup with croutons or bread sticks, may be the main dish of a luncheon, as the cream soups are highly nourishing. Otherwise good cooks fail when it comes to soup making, either from indifference to its importance, lack of knowing how, or both. As there are so many soups he is indeed hard to please who likes none of them.

Here are two recipes which are such general favorites that one need not hesitate to serve them to the most fastidious:

Veal and Sago Soup.

Chop fine two and one-half pounds of lean veal. Cover the meat with three quarts of cold water and simmer slowly for two hours. Strain and reheat. Soak one-fourth of a pound of sago half an hour in water to cover; stir into the hot stock and cook 30 minutes, then add two cupfuls of scalded milk and pour the mixture very slowly a little at a time at first, over the yolks of four eggs, slightly beaten. Season with salt and pepper.

Cream of Tomato Soup.

Scald a quart of milk with a slice of onion, thicken with four tablespoonfuls of flour, stirred with enough cold water to mix well; cook 20 minutes. Add two teaspoonfuls of sugar, one teaspoonful of salt and one-eighth of a teaspoonful of soda to half a can, or one pint of tomatoes. Cook 15 minutes and strain. Combine mixtures and pour over one-third of a cupful of butter in a hot tureen.

"THE law of nature is that a certain quantity of work is necessary to produce a certain quantity of good of any kind whatever. If you want knowledge, you must toil for it; if food, you must toil for it; and if pleasure, you must toil for it."

—Ruskin.

Water.

Water is not a food, but is a vital necessity to the body, as it dissolves or softens the food and carries it to all parts of the body and it also removes waste from the system.

Our bodies are constantly undergoing change; water increases these changes, which give rise to increased appetite and thus provides new nutriment.

People who, on rising, feel weak and tired, will often find the cause imperfect secretion of the wastes of the body, which many times may be wholly relieved by a good drink of fresh cool water, on retiring. For insomnia, a hot bath on going to bed, even in hot weather, is a better remedy than drugs. Inflammation rapidly subsides under poultices of hot, moist cloths.

Hot water checks bleeding and sterilizes wounds.

A rebellious stomach will be quieted by a glass of hot water. Ordinary food contains fully half of its weight in water, and many vegetables and fruits are 90 per cent. water.

Boiling water is a good method to purify it, as germs likely to cause disease are killed by the boiling temperature.

It is interesting to know that the Chinese in the congested districts in which they live, rarely are troubled with diseases caused from bad water. Their method of boiling water in their copper kettles renders it sterile, and thus pure.

Water best performs its functions in the body, when pure, and its solvent powers are increased by heating. The most common mineral in water is lime, and when lime or magnesia is present it is called hard water. The drinking of hard water is supposed to be one of the causes of rheumatism.

Mock Cherry Pie.

Mix one cupful of cranberries, cut in halves; one-half cupful of seeded raisins, cut in pieces; three-fourths of a cupful of sugar and one tablespoonful of flour. Dot over with bits of butter and bake with two crusts.

Fricassee Chicken, Pressed.

Remove all the bones from the cold fricassee, put back into the liquor in which it was cooked; chop fine, then pack in a mold and press. Serve cut in slices.

"WHEN the dwelling is cramped, the purse limited, the table modest, a woman who has the gift finds a way to make order and fitness and convenience reign in her house. She puts care and art into everything she undertakes. To do well what one has to do is not in her eyes the privilege of the rich, but the right of all. That is her aim, and she knows how to give her home a dignity and an attractiveness that the dwellings of princes, if everything is left to mercenaries, cannot possess."

Cocoanut.

When cocoanuts are cheap in the market buy half a dozen and prepare them for winter use. Remove the milk and pare off the brown rind. Grate and add equal parts of sugar. If allowed to stand where it can be stirred occasionally in the warming oven or bright sun, it will in a few days be dry enough to put away. When ready to use soak in a little milk or water or use as any desiccated cocoanut. Besides the cheapness of it, one appreciates the product of one's own labor. To make the labor lighter and have no waste, put the pieces too small to grate, through the meat grinder, and keep this coarser part separate to use in fruit cookies or macaroons.

A nice recipe for macaroons that never fails, is made of bread crumbs and any nuts which may be at hand. Cocoanut is always nice, and may be used with other nuts.

Cherry Pudding.

Cut stale bread in thin slices, butter well and lay in a serving dish. Open a can of cherries, pour off the juice and thicken slightly with cornstarch. Cook until the starch is cooked. Pour the juice over the bread, a slice at a time, until well soaked, add some of the cherries, cover with a meringue and serve cold with cream.

Reserve all canned fruit juice and use for pudding sauces or heated on griddle cakes.

Fruit juice with a little gelatine added, poured over any combination of fruit liked and served, either plain or with cream, makes a simple, wholesome and attractive dessert.

"OCTOBER, the month of joy and fruitfulness."

Oh, suns and skies and clouds of June
And days of June together,
Ye can not rival for one hour
October's bright, blue weather.

—H. H. Jackson.

The Festive Nut.

The chestnut is distinctively the Hallowe'en nut, and that time honored day would not be complete without it. Its delicacy of flavor blends with others so well that its appearance is always a delight.

A tempting entree may be made by mashing a pound of roasted chestnuts to a paste. Add half a cupful of sweet cream, a teaspoonful of chopped parsley and two well-beaten eggs; pour into buttered timbal molds and bake in a pan of hot water in a hot oven, 20 minutes. Use the test for a maked custard to be sure they are cooked (that is, putting into the center of the cup a silver knife; if it comes out clean the mixture is sufficiently cooked). Remove from the molds and serve with a cream sauce or rich tomato sauce.

For a dinner salad, chestnuts with cress are exceedingly good. Pile the blanched nuts in the center of a flat dish, surround with springs of cress and pour over a French dressing. Apples and chestnuts make a good combination. Prepared with celery and apple, served in apple cups, no salad could be more inviting.

A delicate dessert may be concocted with that dainty marrons au juc. These are simply chestnuts cooked in a lemon syrup. They may be prepared in quantity and sealed in jars to do duty in innumerable desserts. Roast the nuts until tender, remove the shell and inner skin and drop the nuts into a syrup made of equal parts of sugar and water (one pint each), the zest of one lemon, and the juice of two. To the above quantity add one pint of nut meats; let them simmer gently ten minutes, fill into jars and seal while hot. Serve a spoonful in the bottom of a sherbet cup with frappe or ice cream on top. These same marrons may be served with whipped cream or lemon jelly and are always an acceptable dessert.

Roasted chestnuts, apples, doughnuts and cider make the ideal refreshments for the Hallowe'en party.

Perhaps this will be a dish new to some and worthy of a trial.

Brussels sprouts and chestnuts make a nice dish served together. Cook the sprouts until tender and roast the nuts. To a quart of sprouts add a pint of nuts, and serve in a thick cream sauce.

Eat less, drink more; worry less, work more.

Nellie Maxwell.

THE ONLOOKER

WILBUR D. NESBIT.

Heaven

"What do you think that Heaven may be?"
The hearer answered with a smile:
"A place where folk like you and me
May hear sweet music all the while,
Where roses bloom and birds will sing
And silver streams splash in the shade,
With naught but joy in everything—
Of these, I know, is Heaven made."

"What do you think that Heaven may be?"
The mother answered: "'Tis a land
Where all my own may be with me
And where, too, I may understand
The longings of the little hearts
And find my happiness complete
In soothing with a mother's arts
The weary little hands and feet."

"What do you think that Heaven may be?"
The old man answered with a sigh:
"A cot beneath a spreading tree
That towers ever green and high,
And never weariness nor strife
But just a comfort calm and blest
Such as we may not have in life—
A folding of the hands in rest."

What do you think that Heaven may be?"
Why, it would be of little worth
Were it not given us to see
Some promise of it here on earth,
If through the moments and the years
We could not bring its radiant glow
To light our smiles, and dry the tears
Of all the weary folk we know.

OLD MAN GIDDLES OBSERVES.

Another trouble is that there are just as many kinds of ounces of prevention suggested as there will be pounds of cure later on.

—

Sometimes the fellow who doesn't talk does a great deal — sometimes he is just too lazy to talk

—

Henry Musser claims it is just as easy to shoot rabbits as elephants, but wants to know why no one ever writes books about rabbit shooting.

—

It was a lawyer who said that a man who is his own lawyer has a fool for a client.

—

The heroine in a novel written by a man never keeps the hero waiting while she does her hair all over. A woman novelist sometimes gets as jealous as her heroine that she will tell about her powdering her nose.

—

Economy is how we would save our money if we had it later we have spent it foolishly.

—

If you cannot afford to own an automobile, at least you may acquire distinction by being run over by one.

—

An able-bodied man, with a good digestion and a steady job is never known to do any talking about "affinities."

The Boater and the Batter.

Said a boater biting butter
To a batter, as a baiter,
"I'm a better biter, batter;
No one else than me is greater."

Said the batter to the boater
Biting butter, very bitter:
"I'm a butter biter beater
And I'll make you be a quitter."

Then the batter bit the boater
And the boater bit the batter—
But the better butter biter
Wasn't the former or the latter?

Economical.

"I have a letter from your uncle," says the first young man. "There must be something wrong with him. He has all his dates mixed. Have you noticed peculiarities about him of late?"

"It's all right," explains the other. "You know uncle is of a saving disposition. He found a 1905 calendar early this year and said he would make it do, because it really hadn't been used at all."

An Argument.

"What are these two men quarreling about?" we ask, indicating what seems to be the beginning of a fight.

"Oh, that's nothing much," explains our friend. "That's Braid the hat man, claiming he doesn't have to eat oysters to-day, and Shells, the oyster man, claiming he can wear his straw hat till the middle of the month."

Wilbur D. Nesbit.

POOR WITNESS FOR FRIEND

Deacon's Brief Emphatic Testimony Probably Somewhat Impressed the Jury.

Deacon Stephen Potter, one of the pioneers of Utica, N. Y., was a man of great eccentricity but high moral character. "The deacon will speak the truth and shame the devil," was often said of him.

On one occasion a friend was engaged in a lawsuit in regard to some land a few miles from Utica. He held the land at a high price. During the trial he called Deacon Potter as a witness, to prove how valuable the land was. The deacon was sworn and asked if he knew the land.

"Yes," he replied, "I know every foot of it."

"What do you think it is worth, Mr. Potter?" was the next question.

The old man paused a moment and then said, slowly: "If I had as many dollars—as my yoke of oxen—could draw—on a sled—on glazed ice—I vow—I would not give—a dollar an acre for it!"—Youth's Companion.

CERTAIN DEATH.

Hilda—Would you lay down your life for me?

Harold—Glady, dearest.

Hilda—Then go and tell father of our engagement.

SKIN TROUBLES CURED.

Two Little Girls Had Eczema Very Badly—In One Case Child's Hair Came Out and Left Bare Patches.

Cuticura Met with Great Success.

"I have two little girls who have been troubled very badly with eczema. One of them had it on her lower limbs. I did everything that I could hear of for her, but it did not give in until warm weather, when it seemingly subsided. The next winter when it became cold the eczema started again and also in her head where it would take the hair out and leave bare patches. At the same time her arms were sore the whole length of them. I took her to a physician, but the child grew worse all the time. Her sister's arms were also affected. I began using Cuticura Remedies, and by the time the second lot was used their skin was soft and smooth. Mrs. Charles Baker, Albion, Me., Sept. 21, '08."

Potter Drug & Chem. Corp., Sole Props., Boston.

A Hero.

Tommy's mother had made him a present of a toy shovel and sent him out in the sand lot to play with his baby brother. "Take care of baby now, Tommy, and don't let anything hurt him," was mamma's parting injunction.

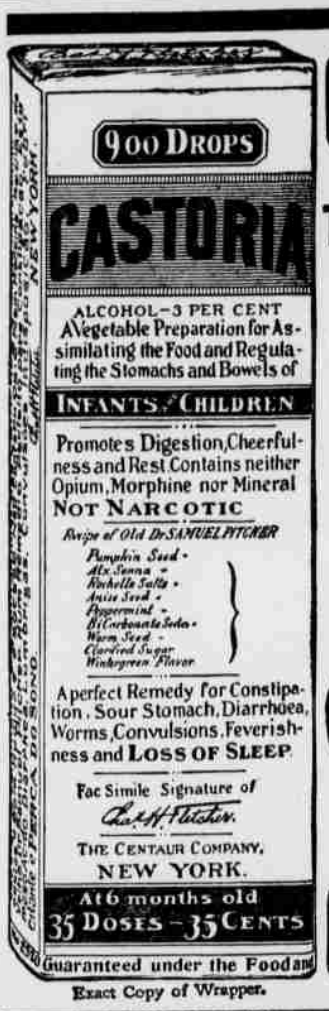
Presently screams of anguish from baby sent the distracted parent flying to the sand lot. "For goodness' sake, Tommy, what has happened to the baby?" said she, trying to soothe the wailing infant.

"There was a naughty fly biting him on the top of his head, and I killed it with the shovel," was the proud reply.—Exchange.

Good Reason for Marrying.

A young couple developed such incompatibility of temper that six years after marriage they carried their difficulties to the divorce court. Their little Cherry was very much concerned through all the trouble.

"Well," she said, thoughtfully, "when I grow up I should never marry if it wasn't that I want a father for my children."—Success Magazine.



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