

The KITCHEN CABINET

The greatest gift the hero leaves his race,
Is to have been a hero.

—Elliot.
"There is a hard hand and a light one in cooking, as well as on a horse's rein, and it almost seems as if butter and eggs knew their mistress and instinctively obeyed her orders, feeling themselves in the grasp of a superior power."—Kata Douglas Wiggin.

SUNDAY NIGHT LUNCH.

Dishes which may be prepared on the table in a chafing dish or with little work beforehand are always appreciated.



English Monkey.
—Soak one cupful of stale bread crumbs in one cupful of milk until soft. Melt one tablespoonful of butter, add a cupful of soft cheese, and when the cheese is melted add the soaked crumbs, one egg slightly beaten, half a teaspoonful of salt and a few dashes of cayenne. Cook three minutes and pour over toasted crackers or toasted bread, and sprinkle with paprika.

Jellied Chicken Salads.—Put into a saucepan three cupfuls of highly seasoned chicken stock, the whites and yolks of two eggs, three tablespoonfuls of gelatin and two tablespoonfuls of lemon juice. Boil two minutes, stirring constantly. Place on the back of the range for thirty minutes, then strain through a double cheesecloth. Cover the bottom of individual moulds with liquid jelly and set in ice water. When firm decorate with red and green peppers cut in fancy shapes; cover the decorations with the jelly mixture. Moisten one cupful of cooked fowl with one-half cupful of mayonnaise dressing to which has been added one teaspoonful of gelatin dissolved in two tablespoonfuls of water. Shape in balls, put a ball in each mold and add jelly to fill molds. Chill, remove to lettuce and serve with mayonnaise dressing.

Scrambled Eggs.—To make a few eggs go further in serving, use from a quarter to a half a cupful of well-washed rice; brown the rice in butter or sweet fat of any kind in a frying pan. When yellow add water or milk and cook until the rice is soft, then add three, four or five eggs (depending upon the number to be served), with milk and butter; salt and pepper to season. Stir and cook as scrambled eggs, and the dish will be as good as one made using double the eggs.

Nellie Maxwell



Would I'd a rose on my bosom to lie,
But I shrink from the piercing thorn;
I long, but I dare not its point defy;
I long and I gaze forlorn.

WHAT TO HAVE FOR DINNER.

As simple meals are the accepted and expected way of saving work these busy days, we must strive to have a well-balanced meal, attractive and at the same time appetizing. It is not always easy to suit all members of a family, but if we endeavor to bring up this generation to eat and enjoy all kinds of food well cooked and served, perhaps in time we may have a generation of Americans with normal appetites. We may not like all things equally well, but there is no reason, except where there is some physical disability or idiosyncrasy, why we may not eat something of all foods placed on the table. The physical development of a child depends upon his having a variety of the various seasonable vegetables and fruits, and it should be the first and important thing to teach a child to like all kinds of foods.

A child may be handicapped all through life because in his youth he did not become accustomed to eating various foods that needed special care in preparation to make appetizing, or the importance of such foods was not understood. It is worth while to labor with children to teach them to like different vegetables, if for no other reason than it makes them more livable with. We are reaching the stage in our civilization when it is something to be ashamed of to say: "It doesn't run in our family to like cabbage." The fact is the average person who doesn't like cabbage or celery or carrots or any of the other good things, has not been properly brought up, and none of us like to admit that.

Summer Squash.—This delicious vegetable must be cooked until tender and as much of the liquor evaporated as possible. Then season well with salt and butter. This is important, use plenty of butter. Go without it on the bread for dinner, (the English people think it strange that we serve butter at dinner with meats and vegetables), but use it as seasoning in vegetables, especially if you are trying to teach some one to like them. The proper seasoning is fully as important as the proper cooking and serving.

Nellie Maxwell



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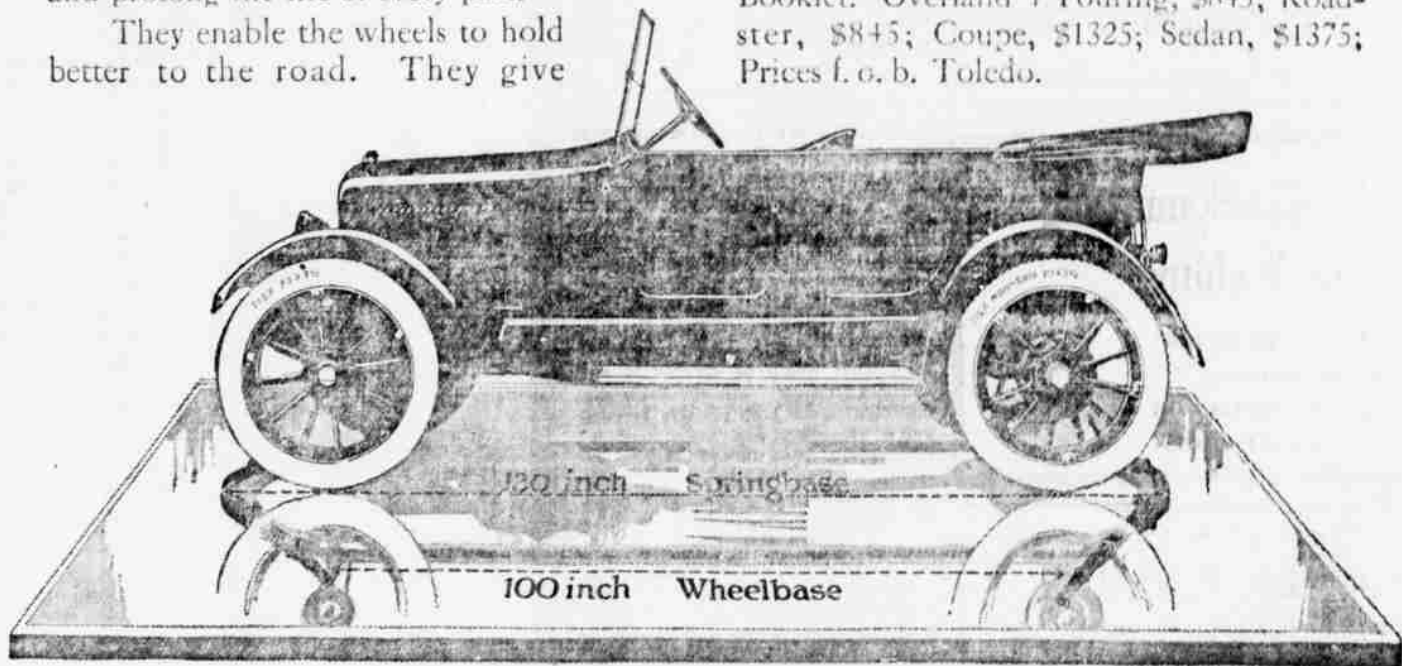
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Some Superstitions.

The breaking of a looking glass is, with some people, the occasion of a gloomy foreboding, and the unlucky person who does it is supposed to be doomed to seven years of bad luck. Peacock feathers were formerly considered as bearers of sickness, yet fashion has introduced them into house decorations.

Congenial Employment.

"I understand you have hired a discharged soldier as a farmhand?" "Yes," replied Mr. Cobble. "He was in the tank corps." "What sort of service is he giving?" "The best ever. I told him just to consider my little old tractor a tank, and the way he gets over a field is a caution."

Japanese National Drink.

Japanese breweries produce 210,000,000 gallons of sake.

Moral: Take a Chance.

"One of the biggest mistakes you kin make," observed Shinbone, "is bein' so scared o' makin' mistakes dat you don't do nuffin at all."

Perverse Critters.

"I can't help thinking sometimes," said the discouraged farmer, "that the worse you treat your hens the more eggs you will get from them. I remember an old joke where one man asked another: 'How do you get so many eggs?' 'Why,' said the other, 'I treat my hens so unscientifically they're all laying for me.'"

Still Waiting.

For centuries the world has waited for a perfect man.

Plant That Is Shunned.

One of the most interesting plants in the Atlantic states is the Virginia wild ginger. It is found both in the Virginias and as far south as Georgia. There are several other species in the Atlantic states as far south as Florida and northward to Connecticut. The plant grows in very hilly and wooded places, and is easily recognized by its kidney-shaped leaves and curious purplish-brown flowers. These flowers grow one to a stem. No living thing will eat its bitter leaves and one rarely sees the flower unless one hunts for it, for it hides itself out of sight if possible.

Thirst of Sea Birds.

Some species of sea birds frequently spend weeks at sea and are believed to quench their thirst partly from the falling rains. The keen eyesight of birds is well known, and sea birds have been observed flocking toward a storm cloud about to burst.

Books.

One cannot celebrate books sufficiently. After saying his best, still something better remains to be spoken in their praise. As with friends, one finds new beauties with every meeting, and would abide always in the presence of those choice companions. As with friends, he may dispense with a wide acquaintance. Few and choice. —A Bronson Alcott.

To Clean Water Bottle.

For cleaning water bottles, decanters and glass jugs: Cut a lemon into small pieces, put it in the article to be cleaned and shake with a little water for one minute, and it will become clear as crystal.

No Longer Funny.

As a general thing, when a woman asks her husband not to make an exhibition of himself it is a sign that she has got over the idea that he is cute.

A Poser.

Priscilla postcards a little problem: "What becomes of a man's word when he won't keep it and no one else will take it?"