The KITCHEN CABINET

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Failure is often the turning point, the pivot of circumstance that swings us to a higher level. Life is not really what comes to us, but what we get out of it.—Jordan.

EAT FOODS TO KEEP WELL.

Fruits of all kinds are essential for good health. Fresh fruits, when reasonable in price will be preferable; but the dried fruits are always in market, and many unusual and easily prepared recipes will be found to serve your purpose very satisfactorily.

Fruit Bread.—Sift together one cupful of flour, one and one-fourth cupfuls of graham flour, one tablespoonful of sugar, four teaspoonfuls of baking powder, one teaspoonful of salt. Add five tablespoonfuls of shortening, beat two eggs until light; add one cupful of milk and one-fourth of a cupful of molasses. Stir into the dry mixture and add three-fourths of a cupful of chopped figs, one-fourth of a cupful of chopped dates and six prunes chopped fine. Pour into a well-greased bread pan, and let stand 30 minutes. Bake in a moderate oven 40 minutes. Let stand 24 hours before using. One-fourth of a cupful of nuts may be added if desired.

Prune Stuffing for Goose.—Mix two cupfuls of stale bread crumbs with two-thirds of a cupful of melted shortening, one teaspoonful of salt, one-eighth of a teaspoonful of pepper and one and one-half teaspoonfuls of sage. Add one apple peeled and chopped and one cupful of stewed, drained, stoned and chopped prunes. Moisten with prune juice and use for filling the goose.

Jellied Prune Whip.—Wash and cover with cold water one-half pound of prunes, and simmer slowly until tender. Add one-half cupful of sugar and simmer five minutes longer. Drain, saving the juice; remove the stones and cut the prunes into very small pieces. Soak two tablespoonfuls of gelatine in one-fourth of a cupful of cold water for five minutes, and stir into the hot prune juice. Add the juice of one large lemon, and cool until beginning to thicken, then whip until light and foamy. Fold in the prunes and the stiffly beaten whites of two eggs. Pour into a mold or serving dish and serve very cold.

Nellie Maxwell

In labor circles we presume a decree of divorce would be termed a non-union document.

When you find a husband and wife who think exactly alike it is very evident that one does the

$1.00 Profit
Christmas Sale at Orres Tailor Shop now on.
Don't Miss It.

MICKIE, THE PRINTER'S DEVIL

By Charles Sughroe
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A Cheap Way of Paying Your Board

New Marvels Found in Mammoth Cave

CLEVELAND, O.—Carl T. Robertson, naturalist, in the course of an exploration of Mammoth Cave, Ky., has made one of the most important discoveries in the history of this great natural wonder. His party entered into a new cavern. His story, in part, is as follows:

"Then we came to a region of helictites which is, I dare say, the most marvelous ever seen by human eye. Helictites four or five inches long are considered notable. Here was one four feet long, and it had a horizontal branch nineteen inches long. There were other helictites three feet long, with branches extending horizontally and at every conceivable angle.

"At another point there was a helictite cascade from roof to roof. There were also helictite stalagmites, a formation which I had not before noted. These helictites are among the rarest and most inexplicable of cave phenomena.

"Beyond this region we came to a region of rock flowers, the most enormous crystalline flowers ever found. There are roses, chrysanthemums, daisies, lilies. They are of a whiteness that is whiter than snow.

"Immediately beyond this garden of snowy whiteness is a less extensive but scarcely less amazing display of jet black crystalline formation of calcium sulphate, colored by manganese dioxide.

"Instead of forming flowers, these black crystals are mostly of the so-called 'fibrous' kind, forming needles two or three inches long, and sometimes so fine that the pendant masses seem as soft as the fur of an animal.

"Next is the region of gigantic snowballs, easily a foot in diameter. There is nothing like it. It is unique."

After a mile and a half the avenue suddenly narrowed to a mere pass. It became difficult. Instead of a level sanded floor the explorers found themselves climbing and scrambling over rocks.

A knob surmounts the steering column instead of a wheel in an automobile steering mechanism of English invention.

An inventor has brought out a golf club with a handle of steel tubing on which slides a grip to adjust its length.

For measurement and control of water in irrigation ditches a portable dam, made chiefly of canvas, has been invented.

Its inventor has patented a tiny electric light to be so mounted on a fishing rod that it is switched on when a fish bites.

¶ Don't forget to send that box to out-of-town folks without delay.

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It may be a small sum, to be sure, and if you put it in your pocket you will scarcely know you had it.
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