

THE KITCHEN CABINET

The fragrance of a thought may rise
To nobler life and subtler guise
As still as violets by the brooks—
A thing too rare to set in books,
Or cage in song.
—Edward Day.

SIMPLE SEA FOODS

There are more edible fish in the sea than edible animals on land. There are very few fish when caught that are not good to eat.



Brook Trout in Cream.—Brook trout are delicious cooked any way, but to vary this dainty morsel salt the fish lightly and lay in a baking dish or enamel baking pan with just enough water to keep the fish from burning. Bake slowly, basting with butter and water, about fifteen minutes. When the fish is nearly done add a cupful of cream and two tablespoonfuls of water to a double boiler, stir into this two tablespoonfuls of melted butter and a teaspoonful of finely minced parsley. Pour this over the fish in the pan and cook in the oven three minutes. Garnish with parsley and serve.

It has been well established in recent years that clams, both hard and soft shell, are most nourishing and easily assimilated, especially when the tough and hard portions are removed. As a result, clam juice or extract, is now almost universally employed as a food for invalids.

Clam Broth.—Scrub the fresh clams with a brush until the shells are clean, using several waters. Place in a kettle, cover with cold water and simmer slowly for an hour. This method brings out all the flavor, the real ocean taste, and a highly concentrated broth which will allow diluting. Pour off the broth, strain it through a cloth, season, reheat and serve.

Clam Bouillon.—Heat the broth, add salt, pepper and a lump of butter. Serve very hot in bouillon cups. Add a spoonful of whipped cream to each cup if desired.

Baked Whitefish.—Clean the fish and leave it whole, cleaning it well outside and in and season well with salt and pepper. Put the fish on a well-oiled plank, cover with sliced tomatoes, onions which have been chopped and boiled in bouillon and seasoned with chopped parsley. Pour a little oil over all and sprinkle the top with bread crumbs. Bake twenty minutes in an oven hot enough to brown well. When the backbone loosens from the fish it is well done.

Recipes and Hints.—As fish is such easily digested food, it should be served as often as possible on the family table.



Deviled Fish.—Take two pounds of any meaty fish, brush a dish with hot fat, lay in the fish and cover with the following sauce: One cupful of white sauce, one-half cupful of chopped green pepper, one-half beaten egg, two teaspoonfuls of salt, one-half teaspoonful of mustard, one teaspoonful of any table sauce, one teaspoonful of grated onion, two teaspoonfuls of butter; brush the fish with the other half of the beaten egg, add two cupfuls of lightly flaked fish to the sauce and pour over the fish. Sprinkle with bread crumbs and bake in a hot oven until well browned.

Tapioca Pudding.—Cook one tablespoonful of tapioca fifteen minutes in a pint of milk. Dissolve one tablespoonful of gelatin in one-half cupful of water, add one-half cupful of sugar, the yolk of an egg, and add to the first mixture. Pour over stewed prunes, apricots or peaches. When cool stir in one-half cupful of whipped cream.

Cream of Cheese Soup.—Slice a large onion, add a pint of boiling water and boil until tender. Remove the onion and add a pint of milk with a pinch of soda. Pour this liquid over one tablespoonful of butter and flour cooked together. When the mixture thickens add one-half cupful of grated cheese and a beaten egg. Season with salt and pepper.

Old silk stockings make fine rugs. When you have a run in a good stocking take it at once with a crochet hook and loop the stitch back, then fasten securely.

To make two pounds of butter out of one pound, soften it, but do not melt, and mix with a pint of new milk, add salt and carefully mix. The butter will be lighter in color, and not so solid, but it will go farther when used on the table.

For a severe chest cold melt two parts of lard and add one part of turpentine. Rub the chest and throat well with this mixture, cover with a flannel and in a few hours one will be relieved.

A good sized market basket is a helpful servant in the home. It will hold fruit and vegetables when visiting the fruit cellar, or carrying laundry or anything from floor to floor.

Any knives with horn, wood, ivory or pearl handles should never be put into water but washed in the hand without wetting the handle.

A piece of silver money or a penny makes a good utensil to remove paint from windows.

Nellie Maxwell

SCHOOL DAYS

OH BOYS!
LAST SUMMER A BASE BALL
WAS LOST IN MY YARD
AND NEVER FOUND!
NOW IF YOU WILL RANG
OF THE LEAVES AND RUBBISH
I BEL YOU'LL FIND IT!
AND IF YOU DO YOU CAN
KEEP IT!
WOULD THAT BE TRUE?



Mother's Cook Book

SOMETHING TO THINK ABOUT

By F. A. WALKER

HOW IS IT WITH YOU?

Why should we be in such desperate haste to succeed and in such desperate enterprises? If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away. It is not important that he should mature as soon as the apple tree or the oak.—Henry David Thoreau.

SOME SANDWICHES

A GROUP of good sandwiches will always be popular for reference in any home.

May-Time Sandwiches.

Work two Neufchatel cheeses with a little thick cream until smooth, add a few drops of green vegetable coloring, mixing until the cheese is a vivid pea-green tint; add one cupful of finely chopped blanched almonds, season with salt and cayenne. Spread thin slices of sandwich bread with mayonnaise dressing, sprinkle with finely minced chives and an equal number of slices with the cheese mixture. Put together in pairs, press edges together, trim and cut into three narrow strips, sprinkle the top side of the sandwiches with paprika. Serve with coffee.

Picnic Sandwiches.

Clean and remove the intestinal veins from fresh or canned shrimp. Chop fine and take one cupful, packed solidly. Marinate with two tablespoonfuls of French dressing and let stand two hours. Now add one-half cupful each of shredded lettuce, water, cream, and one-fourth of a cupful of chopped green onions. Add the sifted yolks of three hard-cooked eggs and the finely chopped whites; moisten with mayonnaise and use as a filling on buttered bread.

Sauted Cheese Sandwiches.

Cut white bread into thin slices, remove the crusts and cut into rectangular pieces. Spread thinly with mustard butter. Cut mild cheese into one-eighth-inch slices the same size as the bread; sprinkle with salt, paprika and cayenne. Place a slice of cheese between two slices of the bread and fry in a little hot butter until brown on both sides. Serve hot with a green salad.

Sorority Sandwiches.

Mix thoroughly one-half cupful of finely minced Canton ginger, one-half cupful of stoned and chopped dates, and one-half cupful of chopped pecan meats. Season with salt and moisten with some of the ginger sirup to the consistency for spreading. Spread on buttered brown bread or saltines. Serve with hot cocoa or chocolate.

Nellie Maxwell
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"The more I look at summer styles," says Retrospective Retta, "the more I realize how foolish I was to give away my doll clothes."

SAWS

By Viola Brothers Shore

FOR THE GOOSE—
YOU gotta remember this about mice and men. You can't catch 'em if the trap still carries any trace of the last one.

Don't tell your secrets to a woman that's fond of talkin' any more'n you'd pour good perfume in a cracked bottle.

FOR THE GANDER—
Remember, women stick up their noses at what they get easy and die for what they can't have.

It's cheaper to buy a fish than to catch it, but they're still sellin' paraphernalia for anglin'.

When everything is goin' smooth is the time to be afraid of danger; once it hits you, go to work and lick it without bein' afraid.
(Copyright.)

A THOUGHT OF MOTHER

By DOUGLAS MALLOCH

THE world is wide, and men have needs,
Need all their faults and all their creeds
And all the wisdom of the past
To bring them safely home at last.
And many volumes I have read,
And heard the things the sages said—
And yet I know another way:
A thought of Mother every day.

The world is hard, temptations hide
By every hill and harbor side,
And men have need of something true
To keep them clean and get them through.
But there is little room for sin
In hearts where Mother dwells within,
And this will save the sons who stray:
A thought of Mother every day.

The world is great, and great the strife,
And crowded is the road of life,
And men must hurry who would find
The rainbow with the gold behind.
And yet I hope that men hold fast
To something sweet from out the past—
A gentle hand, a brow of gray,
A thought of Mother every day.

The world is dark; when sins beset,
Ah, yes, when even friends forget,
And when the dream you dream in vain,
One thought will help you bear the pain,
One thought will help to keep you right,
Will keep the lamp of faith alight;
One thought will aid you all the way:
A thought of Mother every day.
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THE WHY OF SUPERSTITIONS

By H. IRVING KING

A HAIR OF THE DOG

"A HAIR of the dog that bit you" is in many parts of the country something more than a handy metaphor signifying that which caused the evil will work the cure. If one will take the trouble to investigate he will be surprised how widespread is still the belief that the evil effects of a dog bite may be cured by applying to the wound "a hair of the dog." And this superstition exists not only in this country but in many others, being as widespread in locality as it is ancient in origin. It has its genesis in the old, old belief in sympathetic magic—the close connection which the ancients conceived to exist between a person and anything closely related to him or constructed in a resemblance of him and still more closely, naturally, between a man and any part of him which might become severed from his person—such as the hair or nails especially, living and growing parts of his bodily structure.

Thus the hair came to be regarded, even when cut off, as still, in reality a fragment of its former wearer and, logically what a man's hair was to a man a dog's hair was to a dog. Now the spirit of a man, or of any other animal belongs peculiarly to, in one sense is a part of, the man or other animal which secretes it. Therefore, if bitten by a dog apply to the wound a hair of the said dog and the spirit of the dog, with all its properties for evil, will be attracted, naturally, to its homogenous part, the hair, and not injure the alien body into which it has been injected. That's the way the ancients reasoned it out. Modern man does not reason it out at all, but still practices his sympathetic magic with a hair of the dog that bit him.
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THE YOUNG LADY ACROSS THE WAY



The young lady across the way says she hasn't any respect for a woman who dyes her hair and it seems so unnecessary, too, with so many good henna preparations on the market to preserve its natural color.

Genuine BAYER ASPIRIN

SAY "BAYER ASPIRIN" and INSIST!
Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 25 years.

DOES NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions.
Handy "Bayer" boxes of 12 tablets
Also bottles of 24 and 100—Druggists.
Aspirin is the trade mark of Bayer Manufacture of Monocetylster of Salicylic acid

That Explains It
First Stenog—I can read the boss' handwriting today. That's funny. I never could before.
Second Stenog—He broke his arm while cranking his car yesterday and he's learning to write with his left hand.

Bell-Ans Really Sure Relief

Thousands of Testimonials From Doctors, Nurses and Dentists Say So.
For correcting over-acidity and quickly relieving belching, gas, sickness, headache, heartburn, nausea, biliousness and other digestive disorders, BELL-ANS has been proved of great value for the past thirty years. Not a laxative but a tested Sure Relief for Indigestion. Perfectly harmless and pleasant to take. Send for free samples to: Bell & Co., Inc., Orangeburg, N. Y.—Adv.

Always a Substitute
Recalling the days of our own happy and innocent childhood, we have often pitted the small boys of the present day, in that the little girls sitting in front of them in school have no pigtails for them to pull occasionally, but perhaps our sympathies are wasted and we suppose even in the most extreme cases of boyish boys ears could be utilized.—Ohio State Journal.

The Time to End Suffering is Now!

Sawtell, Calif.—"I suffered death with my back, could not straighten up to save my life. I used first one bottle of Dr. Pierce's Golden Medical Discovery; then one bottle of the 'Favorite Prescription,' with the little laxative 'Pellets,' and I think they are the most wonderful medicines that I ever took. I have recommended them to every one I find suffering. God bless Dr. Pierce."—Mrs. Mattie E. Agnew, 1726 107th Ave. All dealers.
Write Doctor Pierce, President Invalids' Hotel in Buffalo, N. Y., for free advice. Send him 10c if you desire a trial pkg. of any of his medicines in tablet form.

Diet and the Ears
Doctors at the University of California are studying otosclerosis, a little understood disease of the ear, causing deafness, to see whether diet affects the ear bones.
PERMANENT RELIEF FOR ECZEMA
Used by noted doctor 40 yrs. Don't order unless you will follow directions. Send \$2 or write MADDEN COMPANY, Box 872, El Paso, Texas, for full information.—Adv.

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Small improved farms in well established settlement. Fruit, alfalfa, dairy, hogs, poultry. Churches, high school, grammar schools. Also unimproved lands with first water rights. Easy terms. Write Fresno Farms, Herman, Calif.
W. N. U., PORTLAND, NO. 16-1927.

"Mouse Stales"

Thirty-eight states in this country are "mouse stales," in which precautions should be taken to prevent mouse plagues, like that in California.

It Could Happen

Victor—"Have you a pronounced illness?" Jimmy—"Yeah, but I can't pronounce it."

A moving picture of the Buzz Family

FLIT spray clears your home of flies and mosquitoes. It also kills bed bugs, roaches, ants, and their eggs. Fatal to insects but harmless to mankind. Will not stain. Get Flit today.



DESTROYS Flies Mosquitoes Moths Ants Bed Bugs Roaches
"The yellow can with the black band"