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THE KITCHEN CABINET

(No. 1,225, Western Newspaper Union.)
We are very apt to measure ourselves by our aspiration instead of our performance. But, in truth, the conduct of our lives is the only proof of the sincerity of our hearts.
—George Eliot.

LUNCHEON SUGGESTIONS

For a nourishing salad, the following will be liked by those who favor bologna sausage:
Holland Salad.—Mix half a pound of bologna cut into very thin slices with one pint of cold boiled potatoes, also sliced very thin, one medium-sized onion shaved thin, and six sardines freed from skin and bones, then cut into bits. Add two hard-cooked eggs, sliced. Pour over three parts of oil to one of vinegar, a teaspoonful of horseradish and one of tomato catsup. Serve on lettuce.

Breslau Beef.—Put lean beefsteak through a meat chopper, season with minced onion, pepper and salt, and add one large soda cracker rolled fine. Shape an inch thick in a greased baking pan and bake; cover with slices of bacon after it has baked a few minutes. Serve when the bacon is crisp and brown.

Chicken Griddle Cakes.—Beat one egg, add two tablespoonfuls of melted chicken fat, a cupful of minced chicken, half a teaspoonful of salt, a pint of milk and flour enough to make a cake batter; add three teaspoonfuls of baking powder and beat well.

Pear Pie.—Line a baked pastry shell with quartered pears, add a bit of lemon juice and a sprinkling of the grated rind; cover with whipped cream and serve chilled.

Waldorf Oysters.—Put three tablespoonfuls of olive oil in a saucepan with a small onion sliced, one shredded green pepper, fry slowly until well cooked. Add a pint of oysters or more, season with salt, butter, red pepper, and a few tablespoonfuls of currant jelly. Cook five minutes, then add a tablespoonful of tomato catsup. Boil up and serve hot.

Coconut Drop Cakes.—Soften one-half cupful of butter (do not melt it), add a cupful of light brown sugar, a cupful of sour milk, a teaspoonful each of cinnamon, cloves and soda, two cupfuls of flour; beat well, then add one-half cupful of coconut. Drop by small spoonfuls on buttered sheets and bake in a moderate oven. Add more flour if the cakes do not keep their shape.

What to Eat.
For a change from the regular broiled steak, try

Baked Steak.—Rub fine one canned pimento, add a pound of minced beef, one-half pound of minced veal, a fourth of a pound of minced ham, and season with salt. Form into a loaf and lay in greased paper, folding it well together; set on a pan in a hot oven and bake 30 minutes. When done remove the paper, slip the loaf from the paper on to a hot platter and dot with bits of butter.

Creasy Soup.—Melt two tablespoonfuls of butter in a frying pan, add two tablespoonfuls of flour, and when well mixed add a pint of milk and cook until smooth and slightly thick. Season with salt and pepper and add a cupful of cooked carrots which have been put through a sieve. Boil up and serve at once.

Dainty Croquettes.—Mix a cupful of boiled and chopped calves' liver with half-cupful of minced bacon cooked brown. Form into balls, dip into egg, roll in crumbs and fry in hot fat until brown.

Minced Chicken With Green Peppers.—Cover a green pepper with boiling water and cook ten minutes, drain, remove the seeds and cut into narrow strips two inches long. Melt two tablespoonfuls of butter and add one and one-half tablespoonfuls of flour; stir until blended, then pour on two-thirds of a cupful of chicken broth. Bring to the boiling point, add a cupful of diced chicken and the peppers, again boil, and serve on pieces of toasted bread.

Strawberry Trifle.—Cut strawberries into halves and mix with granulated sugar, let stand an hour. Arrange lady fingers log-cabin fashion, fill with the sugared berries and cover with sweetened whipped cream.

Chicken Souffle.—With a cupful more or less of cold chicken cut into bits one may have a most delicious luncheon dish. Prepare a white sauce using half chicken stock and half cream, one cupful, three tablespoonfuls of chicken fat or butter, three of flour, cook until well blended, then add the liquid and cook until thick; stir in the chicken and add two or three well-beaten egg yolks and fold in the stiffly beaten whites. Add cooked mushrooms, cooked green pepper, onion juice, salt and cayenne to taste. Bake until puffy and well-set and serve hot, as it is apt to fall very quickly.

Summer squash cooked in as little water as possible and drained, then mashed, is most appetizing served with plenty of butter and seasoning. It is better to eat more often and lightly than to take a heavy meal at any time. Exercise in the open air and sunshine is as essential at seventy as it is at seven.

Nellie Maxwell

From School Teacher to Great Eminence

A young man who was brought up on a farm, qualified for district school teacher, then managed to save enough money to put him thru medical college.



Later, he moved to Buffalo, N. Y., and today the name of this man, Dr. E. V. Pierce, is known throughout the world. His Golden Medical Discovery is the best known blood medicine and tonic. More than fifty million bottles have been sold. If your dealer does not sell the Discovery, in liquid or tablets, you can obtain a pkg. of the tablets by sending 65c to the Dr. Pierce Clinic, in Buffalo, N. Y. Also write for free medical advice.

Educational Argument

In the rural districts of England, where children have always gone to work in the fields, compulsory education is looked upon with a good deal of disfavor. The Argonaut says that during an election a candidate for parliamentary honors was addressing a meeting of Yorkshire men when he was interrupted by a man who asked: "Art in favor of childer goin' t' school, till they be sixteen?" "Certainly I am," said the speaker. "Well, 'm not," was the emphatic answer. "I'm noone goin' t' ave my lad comin' whoom fro' t'school an' axin' me for money for a shave."—Youth's Companion.

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MRS. ED. DAUGHERTY
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The Woolworth Building in New York City, which towers 792 feet above the street, is the highest building in the United States. If all the bottles of Lydia E. Pinkham's Vegetable Compound sold in 1925 could be placed end to end, they would make a column as high as the Woolworth Building with enough left over to extend from Lynn, Massachusetts to Cleveland, Ohio. In many little villages as in many thriving cities along the route, who are glad to tell others about Lydia

E. Pinkham's Vegetable Compound. In a recent letter, Mrs. Daugherty says, "I was ill for four months before I took your medicine. I found one of your books at my front door and read it. It seemed to fit my case, so I began taking Lydia E. Pinkham's Vegetable Compound, and after I took the third bottle, I found relief. I am on my eleventh bottle and I don't have that trouble any more, and feel like a different woman. I recommend the Vegetable Compound to every one I see who has trouble like mine. I am willing to answer any letters from women asking about the Vegetable Compound."—Mrs. Ed. DAUGHERTY, 1308 Orchard Avenue, Muscatine, Iowa.

Mrs. Carr Also Helped

Muncie, Indiana.—"I could not get around to do my work. I took treatments and they did me no good. I had always heard of Lydia E. Pinkham's medicine and I thought it would be like all the others, but I found out after I took half a bottle, as I have proved it wonderful. I am taking it yet and I can do all my work. I am feeling fine now, and it is your good medicines that have done it. I tell every woman of the good I get from taking the Vegetable Compound and from using the Sanative Wash."—Mrs. P. W. Carr, 721 West Powers St., Muncie, Indiana.

When Cantaloupe Laughs

A scientist says that vegetables have thoughts, feelings and emotions similar to those of human beings. If that is so, how the average cantaloupe must enjoy the look of disappointment on the face of the person who has just cut it open.—Boston Transcript.

Language in Ireland

The native Irish speak in English or the Irish language. The Irish is a Celtic language, which is now being used by a greater percentage of the people of Ireland. The decline in use of Irish began in the Eighteenth century and the language was gradually superseded by English until 1801, when only 20,353, or 4.5 per cent, of the people could speak Irish. The number of pupils in schools learning Irish is still on the increase.

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To avoid imitations, always look for the signature of *Chas. H. Fletcher* Proven directions on each package. Physicians everywhere recommend it.

Why Is It—
That the evening you planned for a quiet one is usually a rip snorter?—that the day you go to the country it always rains?—that all plans made between 1 and 6 a. m. never materialize?—that every time you are taken to the theater you have seen the play before?—that after you have given the waiter the order, you always discover on the menu a far more appetizing dish?—that yesterday's newspaper seems ages old?—that you can never remember the singularly brilliant thought that struck you the other morning in the bath?—that whenever you are in a hurry every thoroughfare turns out to be a one-way street of the opposite direction?—that you can never tell what a woman is going to do next?—Kansas City Star.

Poetic Intoxicant
A new Intoxicant has appeared in Japan. In the precincts of a shrine at Kameido in Japan the other day a policeman on patrol discovered what he took to be a corpse. He telephoned to the village office for a coffin, which was at once sent, and the body put in. On the way to the village office, however, the corpse in the coffin revived and began to sing and dance, to the alarm of the bearers. It was later ascertained that he was a young man, aged twenty-three, who had been made intoxicated by viewing the cherry blossoms.
A machine to measure the exact color of different kinds of hay has been invented to help local inspectors in the grading of hay.

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