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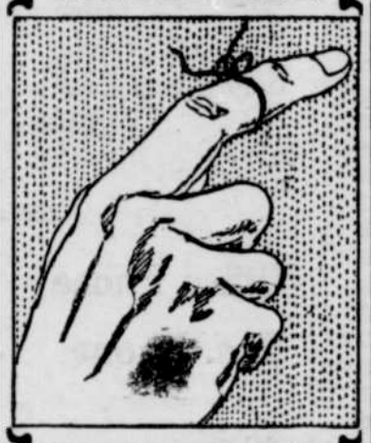

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# THE KITCHEN CABINET

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Give us to awake with smiles; give us to labor smilingly. As the sun lightens the world, so let our loving-kindness make bright this house of our habitation.—Stevenson.

## WHAT SHALL WE EAT?

If you are fond of fish, try the following method of preparing it:

**Steamed Fish.**—Clean the fish and rub well with salt and pepper, lay on a buttered plate, cover with buttered paper and steam in the steamer over hot water for 30 minutes for a fish two inches thick. Drain the gravy from the pan into a cup and fill the cup with hot water to use for the sauce.

**Fish Sauce.**—Melt one tablespoonful of butter, add one tablespoonful of flour, pour the hot broth over the mixture, adding such seasonings as are needed. When well cooked, add one tablespoonful of lemon juice and pour boiling hot over four well-beaten egg yolks; stir over hot water until thick. Mask the fish with part of the sauce and send the rest to the table in a bowl.

**Poached Eggs Creole Sauce.**—Cook one tablespoonful of onion in two tablespoonfuls of butter until slightly brown, add one green pepper shredded and cook until soft, then add one can of tomatoes or its equivalent of fresh tomatoes, salt and pepper to taste. Reduce to one-half, add a dash of lemon juice and turn on a deep platter. Place buttered toast on this and poached eggs on the toast.

**Corn Bread.**—Take one cupful of cornmeal, one and one-half cupfuls of flour, one tablespoonful of sugar, one teaspoonful of salt, sifted with two teaspoonfuls of baking powder, add one and one-half cupfuls of sour milk and one-half cupful of sour cream or buttermilk. Add two beaten eggs and one teaspoonful of soda dissolved in the sour milk.

**Maple Mousse.**—Heat one cupful of maple sirup to the boiling point and boil five minutes; add slowly to the whites of three eggs beaten stiff, then add three-fourths of a tablespoonful of gelatin softened in cold water with just enough boiling water to dissolve it, beat until the mixture is cold, then fold in the whip from three cupfuls of cream, mold, pack in salt and ice, using one part of salt to four of ice and let stand for three or four hours.

If only myself could talk to myself
As I knew him a year ago,
I could tell him a lot,
That would save him a lot,
Of things that he ought to know.
—Kipling.

## TASTY DISHES.

Liver is such tender and delicate meat when nicely cooked that it should be more used and appreciated. The following recipe will be something a little different from the ordinary:

**Braised Liver.**—Skewer and lard with strips of salt pork the upper side of a calf's liver. Place in a deep pan, dredge with flour after seasoning well with salt and pepper. Add one-fourth cupful each of finely diced carrot, onion and celery; add one-half teaspoonful of peppercorns, six cloves, a small bit of bay leaf and two cupfuls of brown stock or water. Cover closely and bake slowly two hours, uncovering the last twenty minutes. Serve with a brown sauce and fried onions.

**Ginger Pudding.**—Cream one-third of a cupful of butter, add one-half cupful of sugar, one egg well beaten; mix and sift two and one-fourth cupfuls of flour, three and one-half teaspoonfuls of baking powder, one-fourth teaspoonful of salt, three teaspoonfuls of ginger; add alternately with one cupful of milk to the flour mixture. Turn into a buttered mold and steam two hours. Serve with vanilla sauce.

**Celery Soup.**—Take one pint of water in which celery has been cooked, add one pint of milk seasoned with onion. Thicken with three level tablespoonfuls of butter and the same of flour, with one-half teaspoonful of salt and a dash of pepper. Blend the celery water with this, and pour over the yolks of two eggs beaten well.

**Rolls.**—Put into a bowl three tablespoonfuls of butter, two tablespoonfuls of sugar and one teaspoonful of salt. Add two cupfuls of scalded milk. When lukewarm, add one cake of compressed yeast softened in one-fourth of a cupful of warm water. Beat well and let rise until foamy and full of bubbles. Then add two to three cupfuls of flour and knead until it has lost its stickiness and is smooth and elastic. Let rise until double its bulk. Knead again, shape into rolls, let rise and bake in a quick oven.

Coconut added to an ordinary custard pie makes it very tasty. A half-cupful of chopped black walnut meats sprinkled over the top of a custard pie makes a delicious crust.

Welsh rarebit served with croutons in place of toast is much easier to eat and especially nice. Prepare plenty of the little squares of buttered bread either fried or browned in the oven and pour the rarebit over them.

Nellie Maxwell

# CAFETERIA PLAN GAINS IN FAVOR

## Plan for Feeding Stock Is Being Used on Many Farms in Corn Belt and Elsewhere.

## 'HOGGING DOWN' SAVES LABOR

**Keeps Hogs in Good Condition, Distributes Manure Uniformly and Provides for a Simple Rotation of Crops.**

Prepared by the United States Department of Agriculture.

Thirty or forty years ago some shrewd farmers fell into the habit of letting their hogs run in the cornfield in September and October and allowing them to eat ears and stalks until all that remained could be plowed under.

Some also turned hogs into the rye in the spring and let them range on the tender and succulent stalks until they became too woody to be palatable. This process was termed "hogging down."

**Labor Shortage Changes Methods.**

Then came a crusade for "clean farming"—typified by harvesting and shocking the corn stalks, husking the yellow ears and piling them into the cribs, later to be fed to the same hogs. "Hogging down" was decreed to be shiftless evasion of honest toil. The "hogging down" farmers fell into disfavor and dropped the practice to a large extent.

Meantime, the labor market was tightening, and a day's work came to be regarded not so much as something to be gotten out of the farmer or his sons or a hired man, but as a period to be paid for in money that could be used for other purposes.

The United States Department of Agriculture and some of the experiment stations in corn states have of late years given careful attention to the possibilities of feeding stock on the cafeteria plan. Today it is in use on hundreds of corn-belt farms and in many other localities in all parts of the country where corn is grown.

Hogging down corn saves labor, while causing no more waste than when the corn is harvested and hand fed. Properly managed, it keeps the hogs in better condition and adds weight more rapidly. It distributes manure uniformly. It leaves the ground in fair condition for the next crop, and it fits in with a rotation system admirably adapted to build up a run-down farm.

**A Good Five-Year Rotation.**

A system that is widely used calls for fencing the farm into five parts—six if you wish to retain a permanent pasture. Corn is planted in the first

Hogging Down Corn Saves Labor Without Undue Waste.

section and as soon as the kernels have become hard the hogs are turned in. As they have been on other feed, it will take a week or ten days' feeding to get them entirely on a corn diet. In the corn-belt latitude they may be expected to live entirely in the cornfield from about September 10 until the crop is consumed. It is generally found best not to permit the hogs range of the entire field, but to erect temporary fences. These can easily be built of 25-inch wide wire mesh, fastened to anchor posts at the ends and tied to cornstalks instead of line posts. If a supplemental crop such as rape, cowpeas, soy beans, or even pumpkins, has been sowed among the corn, it will provide protein feed which the corn lacks.

The following spring the stalks and trash that remain on the surface of the field are cut over with a sharp disk and the ground prepared for a second crop of corn, which is harvested by hand, while the corn for "hogging down" is planted in the second tract.

The rye is used for hog pasture from early spring until the stalks become too hard. It will be found valuable pasture for brood sows with young pigs. After the pigs cease to consume the rye they are taken out and not returned until after the grain becomes ripe, when they are allowed to consume the entire crop and graze on the young clover until time to turn them into the corn in September.

The clover and timothy come on the next year and are used for hog pasture and the best parts kept for hay for other stock. The fifth year the timothy and clover crop is cut for hay and the sod turned under late in the fall to prepare the ground for the next year's "hogging down" crop of corn.

# SWEET CLOVER SEED MUST BE CERTIFIED

## That of Biennial Cannot Be Told From Annual Product.

**Smaller Growers Are Advised by Department of Agriculture to Secure Assurances Regarding Authenticity of Seed.**

Prepared by the United States Department of Agriculture.

Last fall there was probably little more than 200 bushels of annual white sweet clover seed in existence, practically all grown in Iowa, Michigan or Alabama. Nearly all of this seed was used for increase purposes so that there is at present a considerable acreage growing. There are four or five large producers with acreages in Iowa, Michigan, Ohio, Texas and Alabama, but besides these there are hundreds of farmers with from one to several acres from which they expect to harvest a crop this year, part of which will be offered for sale.

The attention of these smaller growers is called to the fact that buyers will desire to be sure that the seed offered them next winter is that of the annual and not that of the biennial

A Cock of Sweet Clover Hay Which Has Been Cured to Excellent Condition.

white sweet clover. The seeds of the two cannot be distinguished, and it is quite possible that either by accident or design the cheaper seed of the biennial type may be sold for the more expensive annual plant. For this reason the United States Department of Agriculture urges prospective buyers to look carefully into the origin of every lot of seed offered. Growers of annual sweet clover this year should be able to state where they got their stock seed, when it was seeded, when it blossomed and when it was harvested. If any responsible state official can add his assurance that the field is true annual, such a statement would be worth getting.

The large growers are naturally preparing to meet all demands for evidence as to the purity of their stocks. Unless the smaller growers can also give adequate assurances regarding the authenticity of their seed it may be harder to sell and they may have to accept prices in line with those paid for common sweet clover seed. All such growers are advised to take up this matter with their farm bureaus, county agents or state experiment stations and protect themselves as far as possible.

## STORAGE CELLAR ESSENTIALS

**Should Be Located on Well-Drained Site and Insulated Against Cold and Heat.**

The four things to be kept in mind in planning a storage cellar are: securing a well-drained site, on a knoll, if possible, but in any case where no water can settle back in the cellar; insulation against both cold and heat is necessary; the cellar should be supplied with plenty of moisture so that roots and tubers will not shrivel; at the same time it must be ventilated so that moisture does not condense or drip.

The following products can be stored in a root cellar so designed:

Apples, asparagus, beans, bulbs, cabbage, canned fruit, carrots, celery, cranberries, fresh fruits, onions, parsnips, pears, potatoes, sauerkraut and tomatoes.

## COVER CROPS IMPROVE SOILS

**Not Grown as Much as They Deserve Nor as Frequently as Needed in Many Instances.**

Cover crops for fall and winter are not used as much as they deserve nor as frequently as the soil requires. More vegetable matter is greatly needed on thin soils. Those who break early and plant rye, wheat, oats, barley or emmer will find advantages for improving soil and in extending the rotation to build up the land. Without humus it is a difficult matter to use commercial fertilizer to advantage. By turning the cover crop you make a beginning for better soil.

## PROFITABLE AGE FOR FOWLS

**Some Hens Are Not Good Producers After Their Second Year, Others Lay Longer.**

The profitable age for hens varies with individuals. Some hens are not profitable after their second year, while others will pay their keep and more too for three or four years. In figuring up the value of a hen, consideration must be given the va[illegible] of her eggs as well as to the nu[illegible] them she will lay.


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### Just Punishment

The cunning of the infantile mind was illustrated the other day when a 3-year-old who had been informed that when he was a bad boy a little bird told his father, and if the little bird did not happen to be around, by the flies around the house, which acted as the bird's agent, triumphantly brought two dead flies to his mother. "I tilled two agents!" he cried with much pride. "Now they dassent tell daddy on me!"—New York Evening Post.

### Odd Assam Marriage Custom

One of the strangest of marriage customs is that observed by some of the women of Assam. There the bride sometimes takes the initiative. She goes to fetch the bridegroom, and it is etiquette for him to hide and resist until carried off. Women of means are permitted to choose a temporary husband, and, when tired of him, pay him off and take another.

### Angling Made Easy

A Californian keeps a lake properly stocked with fish where anglers may throw their line and fish to their hearts' content by paying a fee for each fish caught. It is much cheaper and just as much fun as taking a long trip into the country.

### Peroxide Good Remedy

For a painful ulcerated tooth use peroxide, either full strength or diluted one-half with warm (not hot) water. Nothing will relieve more quickly and it will cleanse the mouth and sweeten the breath. It is used for sore throat as well as for sores of all kinds, as it is antiseptic and one of the safest and cheapest germicides known. If it seems to make the gums a little sensitive after using, rinse the mouth with a weak solution of baking soda.