

## THE KITCHEN CABINET

I remember the black wharves and the ships  
And the sea-lilies tossing free,  
And the Spanish sailors with bearded lips,  
And the beauty and mystery of the ships,  
And the magic of the sea.—Kipling.

### INEXPENSIVE GOOD THINGS.

A little leftover oatmeal if molded by be cut in slices and fried. If a piece or two of bacon or a little meat or sausage is added to it before putting it in the mold it will make a more nourishing dish and one which may take the place of meat.



**Chicken en Casserole.**—Prepare a small fowl, as for roasting. Remove legs and wings. Bone the legs and stuff them with the following: Chop the cooked chicken liver, half cupful of ham and six blanched chestnuts. Mix with a cupful of bread crumbs a half cupful or more of milk, two egg yolks. Season to taste with utmeg, thyme, marjoram, salt, parsley and onion juice. Roll the fowl after stuffing in flour and brown in a pan; place in a casserole, add two carrots, two onions and a half cupful of uncooked rice with a pint of water. Simmer one or two hours.

**Indian Delight.**—Cook a half pound of spaghetti in boiling salted water. Chop one small onion, one clove of garlic, a green pepper fine and fry in oil a cupful of olive oil until the onions are golden, then add a cupful of condensed tomato, one and a half spoonfuls of salt, cayenne and paprika to taste, a half teaspoonful of Worcestershire sauce. When thoroughly heated stir in a half cupful of cheese. When melted add the spaghetti and a half a can of corn and slightly a half pound of hamburger steak, softened with cold water to prevent its cooking in lumps. Stir over the fire for five minutes and turn into a baking dish. Sprinkle with grated cheese and bake 20 minutes.

**California Pudding.**—Take a cupful of raw potato ground, a carrot and apple, also ground, a cupful of brown sugar, a cupful of raisins, a cupful and a quarter of flour, a teaspoonful of cinnamon, a half teaspoonful of cloves and a teaspoonful of soda stirred into the potato. Cream a half cupful of shortening with the sugar, dredge the raisins with a little flour. Mix and steam three hours. Serve hot with hard or liquid sauce.

*Nellie Maxwell*  
**The KITCHEN CABINET**

Think that Washington is slow  
Want to get 'em on the go?  
Want to shove?  
Want to help for woe or wail?  
Listen, Sub:  
Put your shoulder to the wheel  
Not the hub.

### SEASONABLE GOOD THINGS.

A thick cut of round steak makes a most appetizing dish cooked in a casserole. Wipe the steak and broil it for two minutes on each side to seal the meat and hold in its juice. Transfer it to a stone-covered dish, add one pint of Spanish sauce, one cupful of small onions which have been lightly browned in hot fat and four table-spoonfuls of any canned fruit juice or a little grape jelly. Cover and cook in a moderate oven for an hour and a quarter. Add one cupful of potato balls, which have already been browned, and send to the table in the casserole.

**Spanish Sauce.**—Cook together for ten minutes two cupfuls of sweet fat, two of chopped onion, two of chopped carrot and one of chopped celery. Add two table-spoonfuls of flour and cook until a rich brown; add one pint of rich beef stock and stir until thick and smooth. Add one table-spoonful of chopped ham, one bay leaf, two cloves, a sprig of parsley, a blade of mace and salt and pepper to season. Simmer very slowly for two hours; add one table-spoonful of gelatin soaked in a quarter of a cupful of soup stock until soft; simmer for 15 minutes longer, skim and strain.

**Combination Rarebit.**—Take three-fourths of a cupful of grated cheese, half a pound of spaghetti cooked until tender, one cupful of strained cooked ham, two table-spoonfuls each of sweet fat and flour, a cupful of milk, three-fourths of a teaspoonful of salt and one-eighth of a teaspoonful of pepper, a half cupful of dry crumbs mixed with two table-spoonfuls of ham fat. Butter a casserole. Melt the fat and add the flour and seasonings, then the milk and cheese, allowing the cheese to melt. Put a layer of spaghetti in the casserole, sprinkle with ham, add some sauce, continuing until all is used, having the crumbs on top. Bake 15 minutes in a hot oven. The proportions of ham, spaghetti and cheese may be varied to suit the amount of leftover.

*Nellie Maxwell*

## WHY Transatlantic Flying Will Never Be Easy

In a paper read before the Institution of Engineers and Shipbuilders in Scotland L. Desbieds explains some of the advantages and difficulties of transatlantic flying. With regard to the former, the carrying of the mails in a quarter of the time at present needed for the voyage between America and Britain would, in the author's opinion, be of immense benefit, as he considers that the correspondence of a country may be taken as a measure of its commerce with other nations and the accelerated rate of exchange of correspondence would react upon commerce and shipping.

### SO THEY GAVE THEM TITLES

**How Shrewd German Government Played on the Vanity of Disgruntled Employees.**

The Germans, when addressing "one another, use titles to an extreme which we should regard as belonging to the realm of comic opera. They have been reared to honor and love titles, and they devote themselves to the cult with amazing wholeheartedness.

One case, by no means exceptional, will illustrate the point. D. Thomas Curtin says in *Munsey's Magazine*. A few years before the war the draftsman of the Imperial navy yard at Kiel became dissatisfied and demanded more pay. The government met the situation with a refusal to grant their monetary demands but laid before them a compensatory program of social advancement.

### WHEN MONEY IS MUTILATED

**How Government Official at Washington Works On Identification of Valuable Bits of Paper.**

Have you ever wondered what becomes of the torn old and mutilated money, and how people are paid for their loss by partial destruction of their money? An interesting department of our government takes care of all cases, and Mrs. Brown is the expert in charge, having received her appointment from Grant in 1875.

**How Motor Helps Mail Service**  
Motor trucks are to displace railroad trains as mail carriers on two long routes out of Pittsburgh as soon as the contracts can be let, according to an announcement by Postmaster A. S. Guffy.

**Why Times Are Different.**  
"Country people used to wonder why city residents were so formal and distant," says the *Timken* magazine. "Why, whenever a peddler, insurance man, or book agent stopped at the farm, father would kill a chicken and the visitor would be compelled to stay for dinner. Nowadays the farmhouse sees as many callers as the average city home and a visitor isn't a break in the dull monotony any more. They're still hospitable in the country, of course, since the automobile has lessened distance, but many a book agent lings for the old days."

**Philip's Legend.**  
A Philippine tale tells of the origin of head painting. In warfare the Igorot always brings home the heads of his victims. One day the Moon, a woman, was hunting out brack. The young child of the Sun stood near by, watching. His scrutiny angered the Moon, and she threw a stick at him, causing decapitation. The Sun then appeared and put his child's head back on his trunk, declaring that because of the Moon's wanton act mortals would henceforth cut off each other's heads when in wrath.

**Cause of Apoplexy.**  
Despite the fact that medical men look upon apoplexy as nine-tenths pros- tration, the counts and tally have at times regarded it as almost traumatic in its nature. The physician thinks in terms of the blood pressure, hypertrophy of the heart and vascular degeneration, and to a much less extent to muscular effort and emotional stress. For these factors only precipitated an inevitable accident. An exciting cause may be minimal, a sudden exposure to cold, or absent altogether.—*Medical Record*.

**Child Died of Old Age.**  
About two years ago a boy of seven died at Zurich of old age. His case was exceptionally unique, for he was the youngest member of a family which had won local fame as athletes. The oldest brother was a first class boxer while the younger had won many prizes in the sports ground. Doctor from all parts of Europe looked to Zurich to try to diagnose the boy's malady and effect a successful cure, but in vain.

**Two Things Worth Having.**  
Growing plants are healthful in two ways. First, they absorb carbon dioxide given off by the lungs of persons in the house, and give off pure oxygen to the air. Second, the evaporation of moisture from the foliage and from the porous flower pots is one of the best ways to prevent the harmful drying out of air artificially dried. You can't have too many plants or too many children in the house.

**Looking into the Future.**  
An eminent engineer has predicted that in time to come the clocks of the United States will no longer flow as they do today. Each important stream will be merely a series of sluggish lakes, with electric power stations in between. All the little streams will be wiped out, and their waters combined into the great ones that are to supply the heat, light and power of the future.

**Broken Stove Lining.**  
If any one contemplates mending a broken stove lining with a cement made of salt and ashes mixed with water, don't do it. The salt will rust the stove, ruining it beyond repair. Instead, get a quart or so of cement and some sand from the street, and mix with water. Fill all the holes and cracks and your lining will be as good as a new one and your stove not injured.

**Expecting Too Much.**  
The girl or boy who expects her friends to be perfect has many a disappointment in store. Human nature is full of surprises, but perfection would be the greatest surprise of all. Do not be astonished when you discover some little flaw in your friend's character. For unless love has blinded him, it is very certain that your friend has discovered a similar flaw in yours.

**Naming of Pleadilly.**  
Pleadilly, made familiar to most Americans by "Tipperary," is believed to have got its name from pickadello or pleadillys, a variety of turnover collar. A tailor named Higgins, who had made a fortune selling these articles of apparel, built a home in that particular part of London in 1690 and called it Pleadilly hall, hence the name Pleadilly.

**The Mismatch in Charge.**  
The editor of the *Jefferson Review* recently took his first vacation in a large number of years, and in his last issue remarks: "That wife of ours has a queer way of running business. She banks all the money she takes in but doesn't pay any bills. Works all right one way, but has kept us busy since we got home."—*Oregonian*.

**Cleaning Silver.**  
A quick way to clean silver that is not tarnished, but merely discolored is to wash it in a weak solution of ammonia water. This removes the black stains. After cleaning them with the solution they should be washed and polished with a cloth. This method works well on silver spoons which have been discolored by eggs.

**Goat Immune to Dynamite.**  
A western household was terrified recently by the discovery that their pet goat had eaten two sticks of dynamite. The animal was carefully driven to a safe distance and tethered to a stake. But days and weeks elapsed and the goat did not explode.

**Five O'clock Tea Fling.**  
Alice Hyson is dreadfully absent-minded. And she goes to church so seldom that last Sunday when the contribution plate was passed she said to the usher: "Not any more, thank you."—*Boston Transcript*.

**HOW ONE'S COAL BILL MAY BE REDUCED THROUGH MOISTURE IN AIR.**  
The advantages derived from the proper moistening of the air in the home are little realized by the average dweller. Increasing the humidity is a great help in the conservation of coal and, in addition, prevents an irritated condition of the throat which tends to the harboring of germs. The air in the home may be moistened at little or no expense if a few simple rules are followed.

It is essential to keep the water tank in the furnace filled at all times in order to obtain the results desired. The placing of pans of water in inconspicuous corners of the house will add greatly to the comfort of the occupants in the same manner. Humidifiers manufactured for installation on radiators are valuable and soon repay their original cost in the saving of coal.

The principle involved in air moistening is a simple natural law, particularly noticeable during the winter months. The temperature might be around 55 but if the humidity is high the heat is as uncomfortable as if the thermometer registered 95 with low humidity. Adjusting this principal to the home will result in a big reduction in the coal bill and possibly the doctor's fee.

### SHOULD EAT MORE EULACHON

**Why Department of Commerce Urges People to Make Use of Fish as a Food.**

The eulachon, a species of fish much like the smelt, which lives in the water of the Pacific coast and, like the smelt, has the habit of running into rivers and brooks for spawning, is suggested by the bureau of fisheries of the department of commerce as a substitute for more expensive and less nutritious foods.

In a booklet distributed by the bureau of fisheries the eulachon is described as "the finest fish in the world; tender, fragrant and digestible." The booklet says it is the fattest of fishes, and that its oil has a peculiarly delicate, agreeable flavor, and when extracted is solid at ordinary temperatures.

**MOTOR LIFTS GREAT WEIGHT**  
**How Mysterious Power is Employed to Do the Work of Great Number of Men.**

Almost, if not equally, as famous as the immortal "man with the hoe" is the "man with the magnet"—the man we see in all the leading industrial plants nowadays. The modern electric magnet described in a recent issue of the *Experimenter*, lifts a ten-ton billet just as easily as a man would lift a 25-pound sack of flour.

At the touch of a switch the magnet loses its magnetic power and the billet drops or lays where it is. Attached to traveling cranes, the amount of work one of these electromagnets in the larger size can accomplish in one day is astonishing. It will unload a freight car full of pig iron in less time than a gang of men, and at a fraction of the cost.

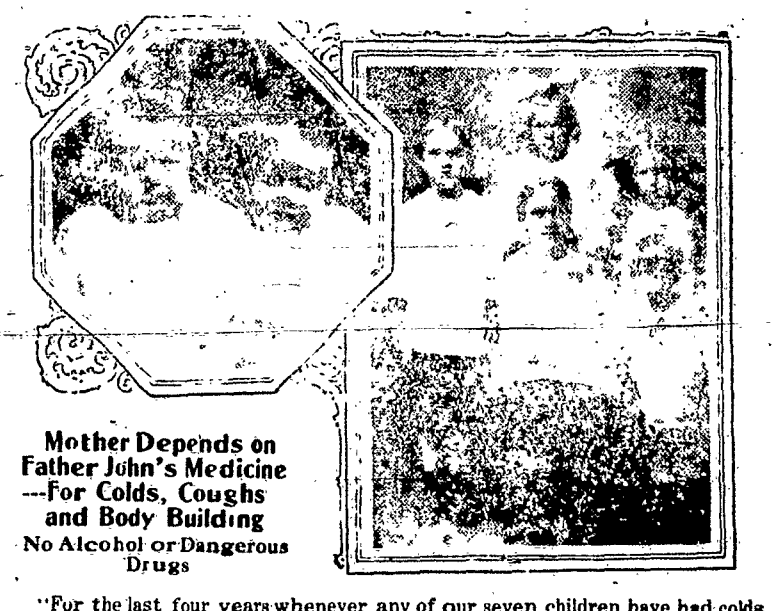
**Why War Makes Criminals.**  
At the annual meeting of the Young Men's Christian Association of Massachusetts and Rhode Island, speakers said that investigations by justice and others in the United States had shown 25 per cent more crime among boys and young men last year than in the previous 12 months.

The increase was largely due, it was declared, to conditions resulting from the war—decreased home supervision, caused by the absence of fathers and older brothers; employment at high wages, with a resulting increase in spending money; darkened streets at night, due to fuel supervision, and an interested spirit of adventure causing boys to imitate soldiers and sailors in their vices rather than in their virtues.

**Why Sawmills Are Kept Busy.**  
Sawmills all over Ohio are engaged in war work, turning the state's timber tracts into many different kinds of machinery used in the rear. J. W. Calland of the department of forestry of the Ohio experiment station, reports many mills are working on government orders.

Several orders are for oak and hickory dimensions to be used in making artillery and escort wagons. Bending oak and elm go to firms making auto trucks. Select oak, walnut and quartered oak are used in the manufacture of airplanes.

## How This Fine Family of Seven Children Keeps Healthy



**Mother Depends on Father John's Medicine For Colds, Coughs and Body Building No Alcohol or Dangerous Drugs**

"For the last four years whenever any of our seven children have had colds, we gave them Father John's Medicine," writes Klaus Zandstra of Whitesville, Mass. "We have used it for all of the children and they have been greatly benefited by taking Father John's Medicine for colds and body building."

## LYNOLN SAW LIBERTY GRANGE SURPLUS HELPS WIN WAR

Lincoln had the idea of Liberty Bonds long before the United States government issued any. In Lincoln's speeches and writings there are not many references to the war loans of the Union for the simple reason that the great President was burdened with so many problems that could not be delegated to others, as could the task of raising money to save the Union.

"The state organization has invested every penny of its surplus in Liberty bonds."—was the proud announcement of Louis J. Taber, master of the Ohio State Grange, last week. "Sub-granges should follow its example," he added.

"The next Liberty loan campaign," said Mr. Taber, "will afford the grange an exceptional opportunity to serve patriotically not only our order, but agriculture, the country—and civilization at large. The motto of our State Grange is: 'A bond in every farm home in Ohio.'"

## WOMEN PLAN TO PUT EVERY PERSON TO TEST

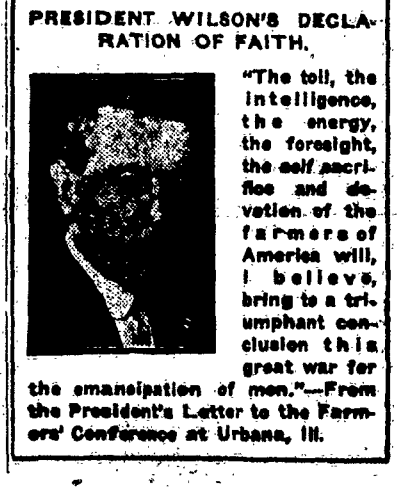
The "Follow Up Committee" will be one of the important features of the work of the Women's Liberty Loan Committee in Niagara Falls during the coming campaign, according to a statement by Mrs. I. R. Edmunds, chairman of the Niagara Falls Women's Committee, who was in New York recently to confer with Mrs. John T. Pratt, chairman of the Second Federal Reserve District.

The big audience of practical farmers responded with hearty laughter and loud applause. They were quick to give unanimous approval to his patriotic sentiments.

**FARMERS STAND SOLIDLY FOR DEFENSE OF NATION**  
An incident of the farmers' forum, the first to be held during a "Farmers' Week" at the New York State College of Agriculture at Ithaca, proved convincingly that the farmers of the Empire State intend to invest in the third Liberty loan to the limit of their resources.

**MY CHANCE.**  
By WILLIAM F. KIRK.  
How glad I am that Uncle Sam Has called on me at last!  
To think that he has come to me When skies are overcast!  
How often have I longed to aid The boys who marched away To fight for me across the sea And break the tyrant's sway!

Oh, what is gold that we should hold Our little purse strings now? Oh, what is gain if all in vain We learned each Yankee row? All that I have, all that I am, Is yours in part or whole, And yes may take it, Uncle Sam, With all my heart and soul!



THE EMANIPULATION OF MEN.—From the President's Letter to the Farmers' Conference at Urbana, Ill.

Social Critic and the Mont reach is m dwines. It bersal s famil in qu Prote put t admil upon tence write "N church exist of 80 work es, m penn; story ual-t boys, their cleg; ced b serm; veriti the p ced" ment quest an. I guild-junct comm a chu have: In l thor s tant t civic church many from to be busin natur super Catho time l furth thing, ness. liever the in stance be tra merel prode ture l with l the w the w The perna to ac wroth church to sow encou should this a sociol ineffic tivity compl selves cles it instan warra bit o, work, the ch done" else." The sound as tod the c tante minut es, at more l cry fo revol more peran and it world, to yav The not, O all att the ch there, fail "d Fortun not bo