

### THE KITCHEN CABINET

What we eat and drink has its part in enfeebling or debasing both the outer and the inner man.

#### SAVE THE SUGAR DESSERTS.

Among the light desserts which are easy for the inexperienced housewife to prepare are the fruit combinations. Fruits are rich in mineral substances and acids which are needed in the blood. The following desserts, while saving sugar, are giving us a new and delicious flavor.

**Chocolate Pears.**—Steam unpeeled pears until tender, after peeling and coring carefully. To the juice of a lemon and half a cupful of water add corn or maple syrup until it is quite sweet; to each cupful of the juice add a heaping tablespoonful of chocolate and vanilla to flavor. Cook until smooth and pour over the pears.

**Pineapple Bavarian Cream.** Dissolve two tablespoonfuls of gelatin in half cupful of cold water. Heat together one grated pineapple or one can of preserved pineapple, a half-cupful of corn syrup, a tablespoonful of lemon juice; add to the gelatin and stir until the gelatin is thoroughly dissolved. Then chill the mixture in a can of water, stirring constantly. Then it begins to thicken fold in a cupful of cream, whipped. Place in a mold and set aside to chill.

**Jellied Figs.**—Dissolve two tablespoonfuls of gelatin in half a cupful of water. Cook a pound of figs with two cupfuls of water slowly, until the figs are tender. Add the boiling water to which the figs were cooked to softened gelatin and stir until thoroughly dissolved. Add a half-cupful of corn syrup and enough grape juice to make four cupfuls of liquid. Put the liquid and figs in layers in a mold, setting each layer of liquid partly set before adding the next, and when unmolded with cream.

**Walnut Sandwich.**—Stew raisins in little orange juice until plump. Put aside to chill. Spread graham crackers with the raisins and a little grated apple sugar mixed with cream. Put another cracker and the sandwich ready.

The movement for conservation is not only helping in saving food for our army and allies but it is educating us away from rich pastry and puddings, which we are finding most important in keeping our nation's health up to standard.

### Nellie Maxwell

### THE KITCHEN CABINET

There is no contentment without contentment and usefulness. Happiness is the one who is skilled to do something very well.

#### FOOD HINTS.

When you fry cornmeal mush roll each slice in cornmeal with a pinch of sugar; the slices will brown quickly and evenly with less fat.

**Rabbit en Casserole.**—As rabbit is one of our meats we are asked to use to save beef, some of us will need to get over fussiness about eating rabbit which is most wholesome and good flavored meat. Dress the rabbit and cut it up in serving-sized pieces, brown in any sweet fat, then add two tablespoonfuls of corn flour and two cupfuls of hot water. Stir until smooth, pour over the rabbit, add a few slices of onion which have been browned in a little fat, a cupful of celery, a bit of bay leaf, salt and pepper and enough water to half cover. Cover and cook slowly for an hour and a half. If a thicker sauce or gravy is desired add more corn flour. Serve hot with a tart jelly.

**Bermay Soup.**—Put a tablespoonful of peanut butter into a saucepan, add one onion sliced and cook slowly without browning; then add one large sour apple sliced, but not peeled, a teaspoonful of thyme, juice of half a lemon, a teaspoonful of curry powder, a teaspoonful of salt and two tablespoonfuls of rice, cooked. Cover and simmer gently for ten minutes with one quart of good soup stock.

**Rice and Meat Loaf.**—Butter a mold and line it three-quarters of an inch thick with hot, steamed rice. Prepare a mixture of two cupfuls of finely chopped meat, seasoned well with pepper, celery, salt, onion and lemon juice; add a quarter of a cupful of crumbs and enough rice water to make of the right consistency. Stock of any kind may be used if there is no rice water. Nearly fill the mold with this mixture then cover with a layer of the rice, put on the buttered lid and steam for forty-five minutes. Turn out on hot platter and pour a rich tomato sauce around the loaf.

Rice with chicken, lamb, mutton or chopped tongue makes most tasty croquettes.

### Nellie Maxwell



HARRIS & LEWIS

## "Y" MAN ANSWERS MANY QUESTIONS

Secretary Gets Chance to Show All He Knows.

### GRINS AND KEEPS AT IT

Solves Conundrums With One Hand While He Shovels Out Smokes and Writing Paper With the Other—Mostly He Knocks Out Three-Baggers and Homers, but Once in a While He Fans.

(From the Stars and Stripes) Have you ever hung over a desk in a Y. M. C. A. but long enough to get a slant on the questions the gang hurls over the mound to the secretary behind there?

They are like the Question Box columns of 50 St. Wash newspapers rolled into one, and the way the old boy with the red triangle on his sleeve bats at 'em and knocks out three-baggers and homers with 'em is sure a caution. Of course, sometimes he fans, but then what would any fellow do after he's been hanging out all day long? A. at 73 centimes per each, swapping recent American postage stamps for soap wrapper French money, shooting a lot of ball to a crowd of ruffies to write home to mother, or cashing post office money orders for \$3.03 or \$7.85 when the rate of exchange is 5.71, and then some doughboy asks him how to write a letter to his brother in Montenegro.

#### Grins and Goes on.

Wouldn't that make any ordinary cuss rear up on his hind legs and blow off steam? But the "Y" fellow just grins and goes to it. I can't help thinking sometimes that fellows just ask a "Y" man a lot of fool questions, to see if they can get his angers. For instance, here's some I heard with my own eyes yesterday afternoon in 15 minutes while I was waiting for a "Y" man to look up and see if Bloody Mary killed Queen Elizabeth or if Bessie done the trick to Bloody Mary.

"How do you spell 'provincialism'?" Imagine a K. P. pulling that, will you?

"How much postage does it take to send a hanky with 'Sousvenir de France' brodered on it?"

Then some crotchhead who looks like he's doing P. G. work at Sing Sing asks: "Where in hell is A. P. O. 5599?" Then a big fat slab of an Arbuton from the Phil Slingers comes in with a caddy over his sergeant's chevrons and springs this one: "What's the French word for kiss?"

Then a lollypolly second lot blows in. "What was the date the Loo-shtan-ia sunk?" asks the lot.

Then comes in a couple of colored boys from below the Wright and Dutton line and they buys some plug and sweet chocolate, and one of 'em leans over the counter like he was feeling for the rail with his right foot and wanted at the same time to whisper to Harry in the white coat that he was awful thirsty but he didn't have the centimes to raise a gusher, and he says low-like to the sec: "How is this one?"

"Say, boss, me and buddy wants to know if you all was ever serving bah in the cuffy of the Jefferson hotel in Richmond?"

Fancy springing that on a "Y" guy! Then along comes a fellow what used to be a ca-alyman on the border. He was one of them hard-bolled ones what split rust.

"Say," he says, looking as prominent as the white citizens committee, "who was the guy in the Bible what had a thousand James all to himself, and was there a Jew named Joseph who was S. O. L. 'cause he had a fancy overseas hat and his pals couldn't get none at the Q. M.?"

"Wonder what struck him? Must have got religion all to once!

Then a pink-faced mopper's boy strolled in to get some writing paper to write a love letter to his Lizzie and I got so darn disgusted that they let a thing like that wash his mess kit in a U. S. pan—that I just thinks the "Y" man and turns around and goes to work and splits on the floor and beats it.

God! them Y. M. C. A. fellers sure ought to have the Croiks de Gurr, all right!

### "NO CAT, NO DEVIL DOG"

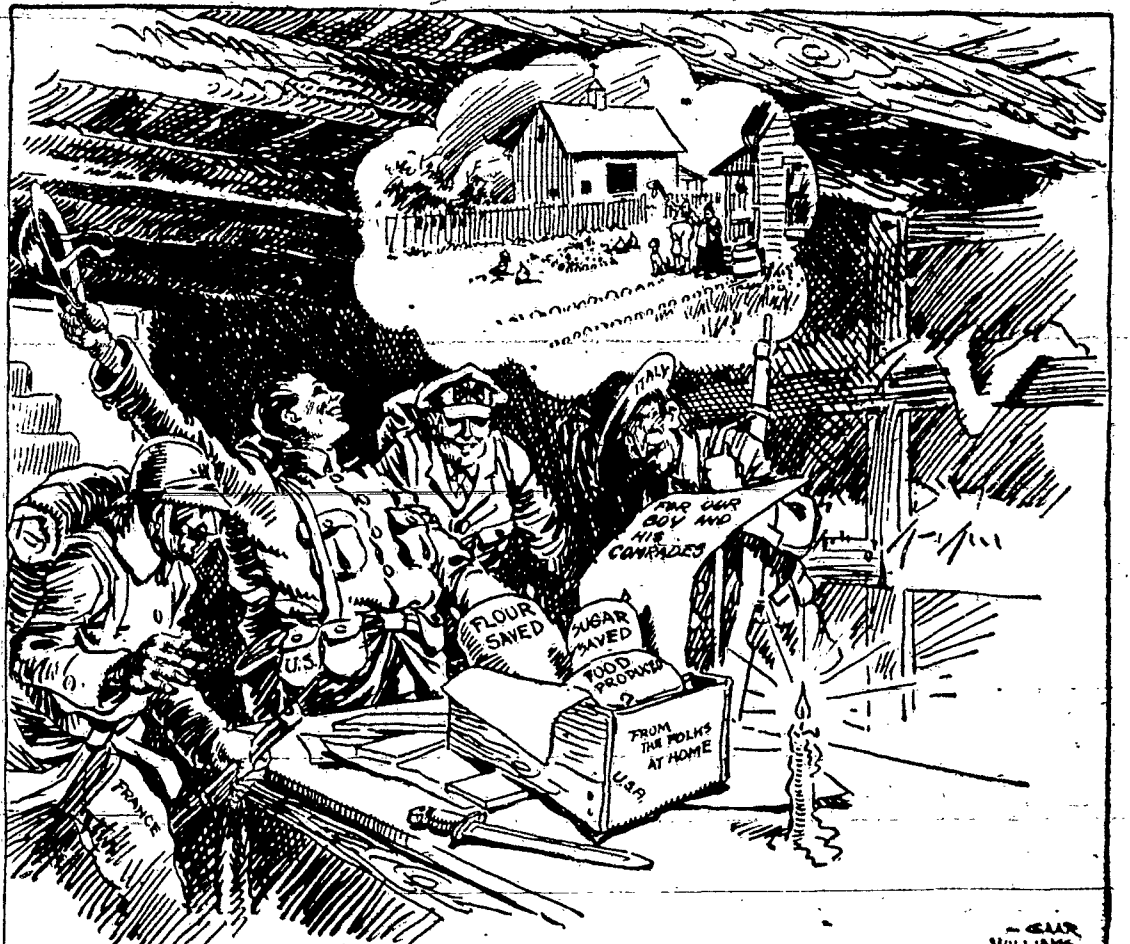
Man Refuses to Enlist Unless He Can Take Tabby.

Because Sergt. S. Pearl in of the Providence (R. I.) United States marine corps recruiting station would not allow him to take a huge black cat to the Paris Island training camp with him. M. J. McDonough, a husky lad from Fall River, refused to enlist in the marine corps, and has returned to Fall River, black cat and all.

When McDonough walked into the recruiting station he was hugging the big animal under his arm. "Why the fiddle?" asked Pearl. "You said it," answered McDonough. "I have read about the rats in the trenches and I'm more afraid of rats than anything in the world. I've taught Tommie here to watch over me while I sleep and keep the rats off. I'm going to take him to camp with me."

"Nothing doing," said Pearl. "No cat, no devil dog," answered McDonough as he walked out of the recruiting station.

## A BOX FROM HOME



Drawn by Gear Williams, Division of Pictorial Publicity.

Food savings of millions of Americans during our first year of war enabled this government to send enormous food shipments abroad for our fighting forces and the Allied nations. Our savings in cereals—out of a short crop—amounted to 154,900,000 bushels; all of which was shipped to Europe. We increased our meat and fat shipments 844,600,000 pounds. This was America's "box from home" to our army abroad and the civilians and military forces of the Allied nations.

## SHARE OUR SUGAR WITH THE ALLIES

British Get Two Pounds a Month. French Pound and Half, Italians One Pound.

### GERMAN SUPPLY PLENTIFUL.

All Nations Permit Use of Sweetening for Home Preserving Purposes.

America's new sugar ration of two pounds a month per person is equitable when compared with the sugar ration enforced by rigid governmental order in England, France and Italy, nations with which we are sharing sugar. Each Allied nation—in the matter of sugar consumption—is sharing on nearest possible equal terms the hardships imposed by greatly altered conditions in the world sugar situation.

Formerly classed as a luxury, sugar is now a war time essential. The fair and just division of this essential is in the hands of the various Allied food controllers.

The United States Food Administration has asked this nation to observe a voluntary sugar ration of two pounds per person a month.

In the other countries at war with Germany sugar is one of the scarce articles on every menu—whether in the households of both rich and poor, or in the hotels.

England today has a sugar ration of two pounds per month per person. In France the ration is a pound and a half and in Italy it is one pound a month. And the prices in allied countries are from two to three times as high as in America.

If you go to a hotel in England or France these days and order tea or coffee they serve absolutely no sugar with it. If you want sugar you must bring it with you.

In England it is allowable to use one-seventh of an ounce of sugar in the preparation of each luncheon. In France many persons carry little sacharine tablets about with them for use in hotels and in England rich and poor must take their sugar with them if they wish to have sweetened tea while visiting friends.

Before the war started France had 625,000 acres devoted to sugar production. By 1917 the French sugar acreage had decreased to 180,000 acres. Today the French man or woman with a sugar card has no assurance whatever that he or she will be able to actually buy sugar. To buy it, one must first find it.

Italy Has "State Sugar." Especially drastic regulations govern the use of sugar in Italy. Its manufacture, distribution and sale are closely controlled, and in part actually taken over by the state.

Saccharine is permitted to be sold and used as a substitute for sugar and the government manufactures a mixture of saccharine and sugar called "State Sugar," which is largely used.

German Sugar Ration Adequate. Germany, before the war, produced a great surplus of sugar and exported large quantities. Today the Germans have virtually gone out of the export business, but have plenty of cheap sugar for home use.

Wholesale prices prevalent in the Allied nations, according to information received by the United States Food Administration are as follows: England, 10 cents a pound; France, 12 cents; Italy, 26 cents.

While these high prices are being paid abroad the American wholesale price is being held at 7 1/2 cents.

# Save Food

120 million Allies must eat

United States Food Administration

## War Time Sweeteners

AMERICA has several excellent war time sweeteners that will be used largely during the shortage in the sugar supply.

They are maple sugar, syrups, honey and molasses and may be used in preparing desserts and other dishes requiring sweetening.

When a cup of syrup or honey is used to replace a cup of sugar the liquid in the recipes should be decreased one-fourth. One-third of a cupful of sugar is equivalent to one-third of a cup of honey, about one-half cup of syrup and about one-half cup of corn sugar. One-fourth of a cup of sugar is equal to about one-half cup of syrup or one-third cup of corn sugar. One tablespoon of sugar is equal to one tablespoon of honey, about one and one-half tablespoons of syrup and one and one-third tablespoons of corn sugar.

Sugar may be saved by the use of raisins, dates, figs, dried pears and fruit pastes used on the breakfast cereals. Fruit marmalades, butters and jellies should be used to take the place of the ordinary sweetening at a meal and not as accessories to it. Fruits may be preserved without sugar. It may be added when sugar is more plentiful.

Preserving demands this year a thin syrup instead of a heavy syrup.

If sugar is used one-half of the amount may be replaced by another sweetener.

Drying is a means of preserving (without sugar) apples, cherries, strawberries and black caps.

When ready to use they may have added the needed sugar in the form of a syrup. When sugar is more plentiful fruit juices may be made into jellies or may be used as fruit juices with or without sugar, as beverages, fruit gelatins and frozen desserts.

Fresh fruits supply the place of sugar in the diet. They should be used freely. Desserts where sugar is scarce may be made of gelatins, junkets, custards, puddings and cakes.



### LONDON SAUSAGE SOLD OUT

State Factory Output Checked by Lack of Materials.

The state sausage factory is booming, the entire product at present finds its way to the east end of London, but at present the factory is able to supply but part of the demand for its products.

At the ministry of food it is deemed that other factories will be opened shortly. Lack of raw material is given as the reason.

### Ground His Finger Tips.

Carl Henrich Low, an enemy alien arrested at Montpelier, Vt., some months ago, charged with making pro-German utterances to members of a local exemption board, was sent to Atlanta, Ga., for internment for the duration of the war. Low was paroled after his arrest, but was taken into custody again later when it was discovered that he had ground the tips of his fingers on an enemy wheel in an effort to avoid having finger prints taken when he was called upon to register. Washington authorities immediately ordered his internment.

### Dan Proves Loyalty.

Litchfield, Ill.—Is Dan Barnin, a coal miner of Hillsboro, disloyal? Listen! When somebody said he was, this is what he did:

Walked into the sheriff's office, asked for a flag, kissed it fervently, went to the Red Cross headquarters, bought a membership for his entire family, proceeded to a drug store and bought an American flag, took it home and hung it over the front door.

### Women Workers Satisfactory.

More than 500 girls already have supplanted men in clerical positions in St. Louis banks. Women are more than making good in their new positions, St. Louis bankers declare. They say the women are more efficient than the men were. The only objections of employers to female help, according to St. Louis men, is a state law prohibiting more than an eight hour day for women.

### LABORATORY ABOARD A HOSPITAL SHIP



Official pictures of the army have been abundant, but the navy seems to have been overlooked. The first of official naval pictures are now being released. This one shows a laboratory aboard the hospital ship Mercy, U. S. American waters. Here experiments are made by chemists, and their findings have proved of value.

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