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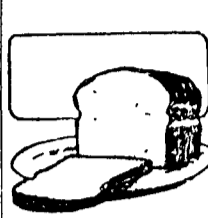
The KITCHEN CABINET

(© 1926, Western Newspaper Union)

Less hate and greed
Is what we need
And more of service true;
More men to love
The flag above
And keep it first in view.
—Edgar Guest.

A FEW GOOD SANDWICHES

For an occasion when hearts are an appropriate decoration try:



Heart Sandwiches.— Drain one pint from a can, rinse in cold water, dry between folds of a towel and then mash through a sieve. Mash one cream cheese, add gradually the pulp of the pint, stirring until well blended; add an equal measure of finely chopped stuffed olives, moisten with mayonnaise. With a heart-shaped cutter cut small hearts from thin slices of white bread. Spread half of them with mayonnaise and the other half with the cheese mixture. Put together in pairs, press the edges together and garnish each sandwich with a tiny heart cut from the drained pimento; use a small vegetable cutter for this purpose.

Chicken and Ham Sandwiches.— Cream one-third of a cupful of butter, add gradually one-half cupful each of chicken and ham cold boiled ham finely chopped. Season with salt, paprika and cayenne to taste. Spread thin slices of entire wheat or graham bread with mayonnaise and an equal number of slices with the meat mixture, put together in pairs, trim off crusts and cut into triangular pieces. Serve with tea or noon.

Brown Bread Sandwiches.— Steam brown bread in one-half pound baking powder cans. Cut into slices one-fourth inch thick, spread with butter. Chop fine one-half cupful of walnut meats, mix with one cupful of American cheese and moisten with salad dressing. The cheese should be grated. Use as filling on buttered bread and garnish each sandwich with a perfect half of a nut meat. Serve with coffee.

Swiss Cheese Sandwiches.— Spread thin slices of rye bread with prepared mustard, cover with thin slices of Swiss cheese. Spread as many slices of bread with mayonnaise, cover with very thin slices of southern onion, spread the onion lightly with the mayonnaise, put together in pairs, trim and serve with coffee.

Nellie Maxwell
WITH A POINT

Love, like ice, is awfully slippery and it soon thaws.

The fat widow's chances for marrying again are slim.

A bargain is a bargain—even if the other woman gets it.

Some people spend too much of their time in nursing animosity.

No true woman ever begins to grow old until after her marriage.

It's easy for a woman to fool a man who thinks he can't be fooled.

Give but little advice and applaud freely if you would be popular.

No man who ignores small things ever accomplishes any very great ones.

The trouble with milk of human kindness is that it's skimmed too often.

Gossip is due to the fact that the world contains more talkers than thinkers.

Some girls imagine that they are as pretty as a picture because they are painted.

If a man doesn't use his head in his business he is sure to put his foot in it.

If you would please a woman give her what she wants, regardless of what she needs.

Mah was made to mourn and some men seem to think that they must put in all their time at it.

Those still living are among our leading pessimists now.—Cincinnati Enquirer.

BELIEVE IT OR NOT

Should you awaken from a dream to find yourself weeping, be careful.

To be running and stumble is a warning to you to be cautious in all actions.

To be knitting is a warning that your peace of mind may be destroyed by idle gossip.

A very pleasant time is due for you if you see yourself visiting at the home of a friend.

WHY

Emotion Causes One's Hair to Stand on End

When next you read a book in which the author makes the hair of one of the characters "stand on end with terror," don't pass judgment on the expression as being a convenient but not-to-be-taken-literally way of describing the effect of fright. Our hair can, and does, "stand on end" under the stress of intense and sudden terror. Each hair is kept in position by a tiny but perfect muscle. Unflexed, this muscle allows the hair to lie flat. Flexed into rigidity by emotion—all emotions affect the muscles—it pulls the hair, and it depends on the latter's length and the measure of fear as to whether the hair will but move slightly or stand on end.

The operating cause is exactly the same as that which makes the hair on a dog's back bristle before a fight—strong emotion causing muscular movements. The hair muscle is one we cannot control; its action is automatic.

Why Average Man Today "Has It Over" Ancestor

The average man had no last name of his own in 1426, no definite address. He had no particular idea of the hour of the day, except as the church bells tolled it. Record keepers, surveyors and clock makers have wrought some difference on that score, haven't they? Or take it by races if you like. The French were once barbarous and ignorant, the English lazy and passionate, the Scots dirty and thriftless, the Germans impracticable and idle drunkards. Are they like that today?

Most men once lived according to their fears, not, as now, according to their hopes. There are libraries full of books that tell you all this. Read and think for yourself. You would not have dared do either in 1426, and no responsible person would have dared allow you to do so.

If man has a kinder heart and a truer soul than his nature must have changed. Five hundred years are not so long in the history of the race, and there is much more time than that ahead of mankind. Do you think our human nature has stopped changing?—London Tit Bits.

Why One's Hair Curly

Why should one child's hair be curly and another's straight? The explanation, where neither parents, grandparents, nor great grandparents have had curly hair, is that "deferred heredity" is responsible. Some remote ancestor has had curly hair. The "curly germ," if one may put it that way, has been passed along the line of life, but has not taken effect for hundreds of years. Then, for some reason, it does, and a curly-haired child is born. Originally all hair was straight; curly hair was produced by wrong dieting.

The oldest hair tonic, made for an Egyptian queen, consisted of the paw of a dog and the hoof of an ass boiled in oil with dates.

How Wool Is Tested

Wool fibers are short and kinky. They give a characteristic sensation when drawn between the teeth, smaller when ignited leaving an irregular lump of ash and giving off the odor of burning feathers. Wool dissolves when boiled for 15 minutes in a solution containing one tablespoonful of lye to a pint of water. Larger amounts of alkaline washing powder may be used instead of lye. This is an excellent way to detect fabrics made of both wool and cotton, as the cotton will not disappear under such treatment.

Drop In At The Lewis Clothes Shop Before Looking Elsewhere

Although the snow still lays heavy upon the streets, spring is not far away and despite the declamations of men regarding their lack of interest in clothes, they, as well as the fair sex, will take a revived interest in clothes. What's under your overcoat? Are you prepared to shed the winter and let the world gaze at your business clothes? Let the Lewis Clothes Shop, at 637 Monroe Avenue where you will find expert advice, guide you in your selection of your new spring outfit.

You can be outfitted at the Lewis Clothes Shop with tailored garments at the same cost you pay for inferior, clothes elsewhere. The young man, the middle-aged man and the elderly man will find plenty to please them in the stock carried by this shop in the way of fabrics and styles.

And when you get your new outfit, let us keep it like new for you. We clean garments, do repairing, pressing and dyeing. Call Chase 1619—work called for and delivered, and for the benefit of those who have to work all day, we keep open evenings.

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Shabby Car Versus A Repaint Job

This is the time of year to have your automobile repainted, before the rush begins and while we have the desirable amount of time to put on each car without hurrying the job. The possession of an attractive automobile is something that every automobile owner prides himself or herself on. Today automobiles are being sufficiently well made to insure with a reasonable amount of care, long wear, and so rather than trade their cars in every year they have them repainted. The practicality of this plan is fast becoming accepted.

Customers demand an experience and a safe service, and they will not go where they cannot get it. Charles H. Yaky, 390 Frost Avenue insures this. His place of business is the authorized home of DuPonts Indestructible Duco Paint. This paint does not wear out and is considered the very best. Mr. Yaky guarantees all his work, and if you will call Genesee 2767 he will cheerfully give you an estimate on the job you wish to have done.

A visit to his place of business to look over some of the work he is doing will convince you. He also does sheet metal work and fender repairing at the most reasonable prices.

Let The Arnett Bakery Do Your Baking For You

Bread is the staff of life. It is the one food that is present in some form at every meal. Years ago Grandmother baked the bread for the family. Her bread was much better than could be purchased and it was also much more economical. But conditions today are changed. The bread made at the Arnett Bakery is better and more economical than you can bake. They have perfected a receipt that is unequalled and they bake and sell the bread to you much cheaper than you can bake it yourself.

Pies, cookies and pastry may also be secured from the Arnett Bakery which is located at 344 Arnett Boulevard. You are assured of a delicious desert if you purchase their pastry. If you cannot get there early in the day before all the good things are gone, or if you want something special, just call Genesee 4293, and your wants will be taken care of in the most courteous manner, and you will find their prices very reasonable. The Arnett Bakery will be glad to furnish rolls, pies, or pastry of any kind for church suppers, etc., at a reduced price.

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Why One Good Fellow Has Turned Pessimist

"The incident which finally brought me a firm conviction that the good-fellow theory is the bunk," writes a correspondent of the Philadelphia Record, "occurred while driving from Lansdale to Philadelphia one snowy night last winter.

"I was making fair progress through the drifting snow when I came upon a large automobile on its side in the ditch. In the street stood a well-dressed and evidently prosperous man. He was visibly excited and asked if I could help him.

"I told him that I had passed some telephone linemen a short way back and would return and ask their help. They gladly consented to drive down the road to the assistance of the motorist.

"With their aid we soon had the car on the road again and, thinking that the man would be more than grateful for their aid, I took from my pocket \$3 which I handed to them with, 'Here, boys, take this for your trouble.' He saw me hand them the money, but did not say anything.

"The men left and I got into his car to start the engine. Finally everything was ready and we moved the car off. I stopped the car to allow him to take his place at the wheel, and he said to me: 'Please get out and see if that tumble strained my back wheels.'

"I got from the car and walked to the rear of the machine. As I was looking at his wheels he stepped on the gas and disappeared in a whirl of snow. I have never seen him since."

Early Ireland

There is no certain evidence that Ireland was inhabited during the paleolithic period. It was not until about 600 B. C. that the Goelds, the first invaders speaking a Celtic language, set foot in Ireland. Between 200 and 150 B. C. various Belgic and other Brythonic tribes settled in Britain and probably crossed over to Ireland. The earlier history of Ireland is largely legendary. There is a tradition that the first colony arrived in Ireland A. M. 2520, under the leadership of Partholan, who came from ancient Greece.

Topsy-Turvy

Eleanor, age three, and her older sister went to spend the night with a small cousin. They romped and played through the evening, and, before they had hardly begun, bedtime came. The fun of all sleeping in the same bed, however, held an attraction. The bed was not wide enough for all three to lie in it, so sunny tucked them in all lying the other way. Next day Eleanor's mother came and at once was told of the great experience. "Oh, mother," said Eleanor, "we were wrong side out last night."

How Buttermilk Cures

Broken bones that have stubbornly resisted all efforts to make them knit, have been found to respond to a treatment of calves' liver and buttermilk. The experiment has been carried on at Johns Hopkins hospital, in Baltimore. It is reported that literally scores of patients who have been suffering for a year or more with unknit bones have been cured and discharged after the liver and buttermilk diet.

Why Milk Curdles

The Department of Agriculture says that milk sours when the lactic acid bacteria convert a sufficient amount of the milk sugar into acid to precipitate the casein. Certain types of bacteria produce an enzyme similar to that extracted from calves' stomachs to curdle milk for cheese making. Under some conditions these bacteria curdle milk before enough acid has been produced to give it a sour taste.

Why Trees Petrify

Petrification of trees is produced by the infiltration of water containing dissolved mineral matter as calcium carbonate silica, etc., which replaces the organic material particle by particle, sometimes with the original structure retained.

Why Man Must "Serve"

A man's worth to a community is measured by what he contributes to its welfare. This is an age of service rendered not received. There can be no higher ambition than to serve that fellow citizens shall "rise up and call us blessed."—Grit.

How Empire Was Formed

The foundations of the British empire in India were laid by the English East India company, which began its conquests in 1749 by driving out the rajah of Tanjore and claiming his territory for England.

IDLE THOUGHTS

This "easy money" seems mighty hard to procure.

Reflect what a lot of efficient work the girl with the dreamy eyes does.

It is gross mismanagement to do today what can be put off till tomorrow.

There is something, however, in the thought that they aren't say those things in front of your face.—Exchange.

The globe-trotter knows that the worship of beauty is the same in all languages.

It's very nice of the book censors to draw our attention to volumes we might have missed.