

THE KITCHEN CABINET

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Nothing is easier than fault-finding; no talent, no self-denial, no brains, no character are required to set up in the grumbling business.

GOOD THINGS WE LIKE

We in America are coming to know more about the value of mutton and are learning how to appreciate and prepare it. In England it is one of the favorite meats; Scotland has long known its value.

One of the first essentials to good-flavored mutton is of course well-fed and cared for animals, then the next is careful butchering. The butcher who skins the animal must use care that his hands which have touched the wool and become oily never touch the meat.

If the cook, when the meat comes from the market to her, will carefully remove all the skin it will take with it every trace of the often objectionable woolly flavor.

Saddle of Mutton.—Wipe the meat carefully, sprinkle with salt and pepper and place on a rack in a dripping pan; dredge the meat and the bottom of the pan with flour. Bake in a hot oven one and one-fourth hours, basting every fifteen minutes. When carving, cut thin slices parallel with the back bone, then slip the knife under and separate the slices from the ribs. Serve with:

Current Mint Sauce.—Separate into small pieces two-thirds of a glass of currant jelly, but do not beat it. Add one and one-half tablespoons of finely chopped mint leaves and the shavings from the rind of one-fourth of an orange.

Russian Salad.—Arrange a bed of lettuce in a salad bowl. Peel four tomatoes of medium size, cut fine and mix with sardines chopped and skinned. Place on lettuce and serve with French mayonnaise dressing.

Almond Bread.—Make a sponge at night with one quart each of water and gluten flour, add a yeast cake dissolved in a little water and let rise over night. In the morning add two teaspoonfuls of salt, one cupful of blanched almonds, finely chopped and enough gluten flour to mold. Knead well, mold into loaves and bake when light. This makes two loaves. Gluten flour may be used most acceptably by those who are not obliged to use it in their diet.

Practical Good Things. We are coming to the season when a hot drink after a cool ride will be welcome.

Grape Juice and Marshmallow.—Add the juice of a lemon to a quart of grape juice and let it come to a boil, adding a stick of cinnamon and half a dozen cloves. Strain hot into glasses and add two marshmallows to each glass, cut into quarters. If the grape juice is rich a cupful of water may be added. This is a nice drink for skaters as it can be taken in thermos bottles and kept piping hot.

In spite of the derision which the good old bread pudding has to endure, it is still a favorite in many homes.

Bread Pudding.—Take one and one-half cupfuls of milk, one-half cupful of sugar, two slices of bread buttered, and one egg. Beat the egg and add the sugar; when well mixed add the milk slowly, beating all the time. Place the buttered bread in a baking dish, pour over the milk and egg; the bread will rise to the top of the pudding dish, making a crust. Allow it to stand one hour, then bake in a hot oven long enough to set the custard. Serve with cream and sugar or a hard sauce.

Ice Box Rolls.—Take a cake of dry yeast, cover with a cupful of lukewarm water and soak until well softened, then add four tablespoonfuls of flour and mix well. Let stand over night in a warm place. In the morning add another cupful of water, a cupful of sugar and a cupful of shortening—lard is best as it keeps sweet better than other shortening. Mix with enough flour to knead; do not add as much flour as for bread, but enough to handle well. Now place in a bowl and set at once into the ice box. The next morning take out a part of the dough and mold into rolls or buns, as many as are needed. Set to rise in the room temperature and by night they will be ready to bake for the evening meal. If wanted at noon set near the heat to force the rising. There will be enough roll mixture for several bakings and if kept on ice the last will be as light as the first.

Kellie Maxwell

Current Wit and Humor



NOT SO BAD

"My nephew's car turned over, threw him out and cut off one of his ears," related Farmer Fumblegate. "The doctor sewed the ear on wrong, and he can't hear much now."

"Too bad!" sympathetically replied Farmer Bentover.

"Oh, I know! He's a college student, and thinks he has heard everything, already."

The Only Way

A young man proposed to a girl and was accepted. After their first tender transports were over they fell into serious talk.

"Now that we are engaged," said the girl, "we must begin to economize. Promise me, darling, that you won't do anything you can't afford."

The young man laughed grimly. "If I promised you that," he said, "I'd have to break off our engagement."

HEAD FOR LUMBER



She—What business are you going into, Jack?
He—Lumber business.
She—You have a fine head for it.

Missing Links

Some golfers merely frivol;
Their ignorance is utter;
They do not drive, they drive;
They do not putt, they putter.

The Truth at Last

Actress—I have driven five men to the dogs, had six lawsuits for breach of promise, been in auto accidents, and had my pearl necklace stolen twice. I don't know what else I can do to set the world talking.

Manager—Try learning your parts perfectly.

REASON ENOUGH



Miss Sharpe—So you can find no reason why she refused you?
Reggie—I simply can't think.
Miss Sharpe—Wouldn't that be reason enough?

Offer Declined

"I want your daughter for my wife," he said. Replied old Wade, "I have a wife already, as I will not make the trade."

Opportunity

"Now is the time to sell our house, dear."
"Why?"
"The people next door are sick, their children are away and the man on the other side who plays a saxophone is in Florida."

Mean of Him

Doctor—Mr. Barker is very inconsiderate. After we invited him to a splendid dinner cooked by your own hands he gets a frightful case of indigestion.
Wife—Well?
Doctor—And then he sent for another doctor to cure him.

Approaching for a Loan

Bake—My good friend, which is the best way to approach you for a loan?
Dimes—in a suit of armor.

DEMAND "BAYER" ASPIRIN

Aspirin Marked With "Bayer Cross" Has Been Proved Safe by Millions.

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 26 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

The Retort Discourteous

It is related that George Bernard Shaw, a few days after his seventieth birthday, was roped into a drawing room party of a rather highbrow nature, at which the special attraction was a violinist. Said the hostess to Mr. Shaw, after the violinist had rendered one or two numbers: "Well, Mr. Shaw, what do you think of my discovery?" Replied Mr. Shaw: "I find in him a great resemblance to Paderewski." A painful pause. Then, "But, Mr. Shaw, Paderewski is not a violinist."
"Exactly!" snapped G. B. S.—New Yorker.

For 78 Years

people have used Hanford's Balsam of Myrrh for Cuts, Burns, Bruises, Sores, Mosquito Bites, Bee Stings, etc. 3 sizes.—Adv.

North America Sinking

Scientists say that the North American continent is slowly sinking into the ocean, the rate being about an inch a year. At any rate, however, the scientists say the change is nothing for anyone to become alarmed over, as changes of this kind have been noted with no cataclysmic effect on any considerable portion of the earth's surface since the time of recorded history.

To Have a Clear, Sweet Skin Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Advertisement.

Perhaps

"Two cows is in the field," said a teacher to a class of boys, indicating the writing on the blackboard. "Now, that sentence is wrong. Can any boy tell me why?"

One youngster sought to help her out of the difficulty: "P'raps one of them are a calf, miss!" he suggested.—Pearson's.

Everybody Sing It

Get it now. Broadcast it, make it popular, that pleasing song, entitled, "My Little Girl." Price 20c a copy. Written by Earl Wood, blind teacher and composer. Send your order with cash to Earl Wood, P. O. Box 1, Station D. W. H., Cincinnati, Ohio.

Auto Caused Excitement

The arrival of the first automobile recently in a village in the highlands of Donegal county, Ireland, was celebrated as a public event. A holiday was declared and the streets decorated with flags and bunting, according to the Dearborn Independent.

Some men rise by airplane and others by plain air.



DR. W. B. CALDWELL AT THE AGE OF 83

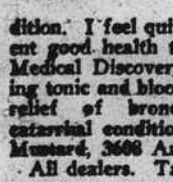
To Dr. W. B. Caldwell, of Monticello, Ill., a practicing physician for 47 years, it seemed cruel that so many constipated infants and children had to be kept "stirred up" and half sick by taking cathartic pills, tablets, salts, calomel and nasty oils.

While he knew that constipation was the cause of nearly all children's little ills, he constantly advised mothers to give only a harmless laxative which would help to establish natural bowel "regularity."

In Dr. Caldwell's Syrup Pepsin mothers have a regulating laxative which they can depend upon whenever a child is constipated, bilious, feverish or sick from a cold, indigestion or

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Tampa, Fla.—"In my young womanhood, I caught a heavy cold that settled on my lungs and in my bronchial tubes. I would cough for hours at a time. I thought I was going to die. But, thru the use of Dr. Pierce's Golden Medical Discovery and Dr. Sage's Catarrh Remedy I was relieved of the bronchial trouble and catarrhal condition. I feel quite sure I owe my present good health to Dr. Pierce's Golden Medical Discovery. It is a strengthening tonic and blood-maker as well as for relief of bronchial irritations and catarrhal conditions."—Mrs. Mary Ann Mustard, 2686 Arlington Ave. All dealers. Tablets or liquid.



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Stomach Disorders are decidedly unpleasant

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