

# The KITCHEN CABINET

He that hath a trade hath an estate, and he that hath a calling hath an office of profit and honor.—Benjamin Franklin.

## SOME SOUPS WITHOUT MEAT.

The purpose of a soup at the beginning of a meal is mainly to prepare the stomach for the heavier foods which will follow by warming it and stimulating the flow of gastric juices. When soup is given as a food, taking the place of other dishes, it should be prepared with that end in view. A cream soup is one of these—a meal with bread and butter. A puree of beans or peas is another satisfying soup.

**Asparagus Soup.**—Take a bundle of asparagus, cut off the heads and put them aside for a more delicate dish or to be used as a garnish for the soup. Cover the shoots, after cutting in small pieces, with a quart of water; boil up and drain off the water, throwing this away. Cover with boiling salted water and cook until the asparagus is tender. Rub through a colander, add this to the liquor in which it was cooked and with a pint of milk put on to heat. Cook together two tablespoonfuls of flour and butter, add to the heated soup and cook for five minutes. Serve very hot with croutons.

When you have boiled cabbage for dinner, save the water in which it was cooked for

**Celery Soup.**—Put two tablespoonfuls of butter in a saucepan, and when bubbling hot add a slice of onion; cook until brown, then add the cabbage water (a pint) and four good-sized carrots, put through the meat grinder (fine). Stew gently for an hour in a tightly covered kettle, then add two tablespoonfuls of butter; put the puree through a sieve, reheat, season with a dash of lemon juice and salt, and serve piping hot.

**Cream of Celery Soup.**—This, perhaps is the soup which is the best liked of all the cream soups. Take three bunches of celery, wash and cut into small pieces and cook slowly for half an hour; press through a colander, using as much of the celery as can be pushed through. Put this into a double boiler with a quart of milk. Cook together three tablespoonfuls each of butter and flour and add to the puree. Cook until smooth; add seasoning of salt and dash of paprika.

Men who look on nature and their fellow men, and cry that all is dark and gloomy, are in the right, but the sadder colors are reflections from their own jaundiced eyes and hearts.—Oliver Twist.

## APPETIZING DISHES FOR SUNDAY MEALS.

The meals for Sunday are best prepared largely the day before when possible, so that the day may be a day of rest. If a roast is to be served it may be cooked on Saturday and reheated. The salad may be prepared, all except putting together. A dessert is often better to serve if made the day before, especially gelatin desserts.

**Veal With Sour Cream.**—Take a loin of veal for roasting and lard with strips of fat salt pork, lay some in the pan before putting in the meat. Brown in a hot oven or sear over in a hot pan on top of the stove, dredge with flour and season and baste freely with sour cream the first half hour, then cook slowly. The flour will thicken the gravy sufficiently and it may be served either poured around the roast or in a sauceboat.

**Cherry and Grapefruit Salad.**—Cut the chilled fruit in halves. Take out the pulp with a spoon and dress with French dressing. The juice of the grapefruit may be used in the place of French dressing. Serve on lettuce leaves or return to the skin from which the pulp was removed. Take half a cupful of canned cherries or maraschino cherries and add to the grapefruit.

**Italian Potatoes.**—Cut potatoes in cubes and cook in boiling, salted water. Drain and arrange in layers with a rich white sauce and a generous sprinkling of cheese. Bake until the buttered crumbs over the top are brown.

**Grape-Nuts Pudding.**—One cupful of grape-nuts, one quart of milk, two eggs beaten until light, half a cupful of sugar and half a cupful of raisins. Bake slowly in a moderate oven. Serve

with sauce as follows: Two tablespoonfuls of flour added to two of bubbling hot butter, add the juice of one lemon and enough water to make a thick sauce, sweeten to taste. This will serve eight guests.

I will make the day worth while, I will play the game today with a warm heart and a cool head. I will smile when I feel like frowning. I will be patient when I feel tempted to scold. I will take personal command of myself.

## GOOD THINGS FOR THE TABLE.

The pea soup is not as often served as its merits demand, as there is no more tasty, dainty soup than this if well prepared.

**Cream of Pea Soup.**—Drain and rinse a can of peas, add a teaspoonful of sugar, two slices of onion and cold water to cover (one pint), simmer 15 minutes, rub through a sieve, heat, add two tablespoonfuls each of butter and flour rubbed together, add two cupfuls of milk and a half cupful of cream, whipped, and seasoning to taste. A yolk of egg beaten and added to the cream adds both to the taste and nutrition of the soup.

**Parisian Potatoes.**—Wash, pare and soak in cold water a half hour eight potatoes. Boil in salted water 15 minutes. Drain and place in a deep pan, basting three times with a third of a cupful of melted butter. Serve with broiled steak.

Soak bread crumbs in the milk half an hour, add soda, salt, and melted butter, flour and beaten eggs. Fry on a hot greased griddle. Serve immediately with hot maple syrup, or butter and sugar.

**Braised Liver With String Beans.**—Wash calf's liver and lard with fat bacon. Roll in flour, season with salt, pepper and celery salt. Cook liver in a hot pan with a little hot fat, fried out of bacon. Turn until the surface is well seared, then add five slices of carrot, one-half an onion, two sprigs of parsley, bit of bay leaf, one clove twelve pepper corns and two cupfuls of brown stock or water. Cover closely and bake in a moderate oven two and a half hours, basting five times during the cooking. Remove the liver, strain the stock and reduce by slow cooking. Add two tablespoonfuls of orange juice, pour over liver. Serve surrounded with seasoned, hot string beans.

**Celery and Cheese Salad.**—Mix a half cupful of very finely chopped celery with one of cream cheese, moisten with thick cream, season with salt and paprika and form into balls. Arrange on lettuce leaves and garnish with radishes cut in tulips.

**Bread crumbs** are invaluable in many dishes. A crust or crumb should never be thrown away. When stale bread is too hard for other use, put in the oven until dry enough to roll or pound, then sift and keep in a glass jar. These crumbs may be used for escaloped dishes, croquettes, cutlets and in puddings, if soaked long enough.

**Bread Crumb Pancakes.**—Mix together two well beaten eggs, one-half tablespoonful of melted butter, one-quarter of a cupful of flour, one pint of sour milk, one cupful of bread crumbs, one-half teaspoonful of salt, and the same of soda.

**Kings' Pudding.**—Take two cupfuls of bread crumbs, soaked in half cupful of water a half hour, squeeze dry and add a half cupful of suet, one-half cupful of molasses, one egg, one cupful of milk, one teaspoonful of cinnamon, salt and half a teaspoonful of soda, a cupful of raisins and half a teaspoonful of cloves. If after mixing it seems too thin add a small amount of flour. Steam three hours and serve with a hard sauce.

When you have a peach or two left from a can and a cupful of the juice, use them for a pudding sauce. Rub the peaches through a sieve, add to the juice with a bit of lemon juice and a tablespoonful each of butter and flour that have been cooked together. Serve this sauce hot on steamed sponge cake, cut in squares. These are leftovers, but the fact need never be mentioned and will never occur to the one who is enjoying the dish.

**Italian Potatoes.**—Cut potatoes in cubes and cook in boiling, salted water. Drain and arrange in layers with a rich white sauce and a generous sprinkling of cheese. Bake until the buttered crumbs over the top are brown.

**Grape-Nuts Pudding.**—One cupful of grape-nuts, one quart of milk, two eggs beaten until light, half a cupful of sugar and half a cupful of raisins. Bake slowly in a moderate oven. Serve

*Nellie Maxwell.*

stockyards. There are 50 more of them out there. They are being transferred from Yellowstone park to government reservations at Estes park and Aspen, Colo.—Denver (Colo.) Dispatch to Los Angeles Times.

**The Economical Swat.** Surgeon General Blue estimates that the cost of supporting the fly population of the country is \$155,000,000 a year, so you see that every time you swat a fly you are really doing something to reduce the cost of living.

# GOOD JOKES



## A PRACTICAL MAN.

"A long-haired poet will read from his own works at the town hall tonight."

"What's the idea?"  
"The proceeds will go to charity. Nearly every woman in town has promised to attend and all the married women have promised to bring their husbands."

"Confound the luck! I guess my wife counts on taking me along."  
"You don't seem enthusiastic."  
"I'm not. I give according to my means, but I don't believe in using charity as an excuse to encourage a long-haired poet."

## Stern Fate.

First Soldier—Well, your friends have looked after you chaps all right, and no mistake—fur-lined tunics, furlined puttees, waterproof boots, with inch and three-quarter soles; goatskin coats. Why, what are you looking so glum about?  
Others—We've got our marching orders. We sail tomorrow for India.—London Opinion.

## Suspicion.

"They've elected me a responsible officer of our association," said the busy man.

"That shows you are popular," commented his wife.  
"Maybe not. They are planning to raise the dues. Maybe they are looking for someone who was already so unpopular that he won't mind the criticism."

## In the Sanctum.

The editor called his staff about him.

"Mate," quoth he, "listen. I've discovered a poetical rara avis, which is Irish for ninth wonder. He's written a whole poem and never once used 'dank' in place of 'damp.'"  
Whereupon the sporting editor resigned in sheer envy.

## HOW CRUEL!



Miss Smith—I always think of all the mean things I have said during the day before I fall asleep at night.  
Miss Jones—My! That doesn't leave you much time for sleeping.

## Queer.

A man may show his wisdom in forty different ways, then act just like a dabbled foot to win some woman's praise.

## To Be Sure.

"You say that in politics what was good enough for your grandfather is good enough for you, but you are not consistent."  
"Why not?"  
"Because, on the same principle, you ought to be willing to wear the same kind of hat your grandfather wore."

## Choice Edibles.

"That woman keeps a cat, a canary and a bowl of gold fish."  
"How heartless!"  
"Why do you say that?"  
"Think of the temptation the poor cat is exposed to every hour of its life!"

## Rich and Poor.

"You must remember Miss Banks—just think a moment."  
"Oh, the rich girl!"  
"Yes; she's engaged to Jack Cadley."  
"Oh, the poor girl!"

## Rather Spiteful.

Mrs. Crawford—Has she really as good a memory as she claims?  
Mrs. Crabshaw—Only for certain things. She can remember if one has had a hat made over or a skirt turned.—Judge.

## Nearly All.

"Yes, I've made up with my wife."  
"All is forgiven, eh?"  
"Nearly all. She made a few pet reservations to jump on me about when things got dull."

## All Arranged.

He (greatly disappointed)—It's awful to see a young girl like you marrying an old man for his money.  
She—Never mind, Jack. The painter told me that I am to marry twice, and I am reserving you for the next time.

## Saw it the Other Day.

"The silk hat was invented 100 years ago," remarked the old fogey.  
"Yes, and I know a man who is wearing the first one ever made," replied the grouch.

## An Auto Fiend.

"I understand that Chugsforth will have to give up his wife or his automobile, as he can't afford both."

"Where will his wife go after the separation?"  
"So you know what he has decided to do?"  
"Not yet, but I know Chugsforth. He can't live without his car."

## Her Incentive.

"It's almost certain that she'll marry that good-for-nothing chap."  
"Has the engagement been announced?"  
"Not yet. But they'll get married, all right."  
"What makes you think so?"  
"Her mother and father have both started to knock him."

## MADE HIM COME ALONG.



Wife—Now, dearie, don't you think I look nice in this new fall hat?  
Hubby—Well, if you did I wouldn't hesitate a moment in buying it.

## True.

However dark the days may be, of this much rest assured, sir, There's little falls to you and me That cannot be endured, sir.

## What Are We Coming To?

"Why should a well-dressed woman call a ragged tramp a 'mercenary wretch'?" That's what I want to know.  
"It's this way. She's a suffragette who wants to hire a man to carry a suffrage banner. The tramp says he won't take the job for less than \$1.50 an hour because personally he's opposed to votes for women."

## Subtle Flattery.

"Young man, did you kiss my daughter in the hall last night?"  
"I thought I did," said the young man, who was a quick thinker, "but really you look so young that I can't always tell you and your daughter apart. Now if I made a mistake—"  
But the impending lecture was headed off.—Louisville Courier-Journal.

## Truthful James.

"Does your husband ever lie to you?"  
"Never."  
"How do you know?"  
"He tells me that I do not look a day older than I did when he married me, and if he doesn't lie about that I don't think he would about less important matters."

## Tools Not Toys.

Flimmer—Met Umson downtown today. He'd just bought a tin horn, a triangle, some blocks, a rattlebox, some sleighbells and a popgun. I didn't know he had a baby.  
Flamson—He hasn't. He's a vaudeville trap drummer. Those things are part of his outfit.—Puck.

## AWFUL.



Mary—Be youse goin' ter marry sis?  
George—Yes, why?  
Mary—Well, I t'ought it wuz on'y right dat I tell yer she has got a terrible temper. She just kicked me fer tellin' dad I saw youse kiss her.

## His First Case.

The young attorney had hung out his shingle but a week before, and when a friend met him in the corridor of the courthouse and friend exclaimed: "Ah, ha! Have you landed a client already?"  
"Yes," replied the young attorney. "My tailor is suing me."

## Setting the Case.

Guest—I want some wine.  
Waiter—This town is dry, sir.  
Guest—All right. Bring me some extra dry.

# HAPPENINGS in the BIG CITIES

## Chicago Plans to Have Its Own Municipal Flag

CHICAGO.—Chicago is to have a municipal flag if the aldermen approve. At a city council meeting recently Alderman Kearns introduced an ordinance authorizing the appointment of a commission to select a suitable design. "Chicago now is seventy-eight years old," said the alderman. "It is, therefore, fitting and proper that the city have an emblem of its history, progress and enterprise in the shape of a municipal flag."



Alderman Kearns suggests that the flag should be so designed as to symbolize local patriotism and visualize industrial progress.

In accordance with these suggestions, various Chicagoans have given an appropriate design. Lawton Parker, artist and member of the municipal art commission, made the following suggestion:

"Whatever design is selected, the flag should be a spot of color. An orange ground with a dark red design would be appropriate. The three branches of the Chicago river with a bright sunflower at the end of each might lend itself to satisfactory adaptation."

The idea that the flag should properly contain some expression of the new feminist movement was expressed by Mrs. Virginia Brooks Washburne. The preponderance of sentiment seems to favor some adaptation of the Chicago seal which has become familiar through its appearance on hotel china and silverware and on the door of the city executive's private automobile.

It is Alderman Kearns' conviction that the flag, when selected, should fly from "public buildings, fire and police stations, fireboats, city vehicles and schoolhouses," and that it be carried in all "public demonstrations and parades."

Carrying the flag in all parades, it is believed, will introduce complications.

## New Yorkers Intend to Commute by Aeroplane

NEW YORK.—Commuting by aeroplane, which Harold McCormick tried with scant success in Chicago, will be taken up by a band of New York city pioneers this summer. Young Vincent Astor is a leading spirit, while Bob Collier, J. Stuart Blackton, William K. Vanderbilt, Jr., and Devereux Milburn, the polo star, are also in on it.

That doesn't complete the list by any means. Other charter members are likely to be A. Holland Forbes, Jay Gould, court tennis wizard; Clifford B. Harmon, real estate man; Alan R. Hawley, gas bag man; Colgate Hoyt, John Barry Ryan, son of T. F.; Rod Wanamaker, who would have backed the cross-Atlantic flight if the war hadn't come; Payne Whitney, and perhaps another Vanderbilt or two. These men have places along the Sound, or their friends have, which is the same thing as far as the aeroplane idea goes. They figure they can spend one to three hours more of daylight up in the Long Island and Connecticut breezes by taking a chance twice a day. Just so much more tennis, just so much more golf, just so much more times with the wife and children.

Most of these men have already ordered brand new 1915 model aeroplanes or flying boats. The above names are only approximately correct. They are right to this extent—not a man among them will be missing by September if the new commuting proves satisfactory to the pioneers.

The men are all members of the Aero Club of America. They have established a club landing place at Seventy-second street and the East river near the garage of the Automobile Club of America, of which the wealthy flying men are also members.

## St. Louis Landlord Deals Foul Blow at Love God

ST. LOUIS.—To the well-established popular principle that "corporations have no souls," has been added the physiological fact that one of them at least is shy of heart. The Century Building company has issued a pronouncement to some of its tenants that too strenuous love-making must cease in the building.

Manager Edward Kennedy admitted when asked if he as superintendent of the building had notified any of the tenants to "cease their osculatory and caressive activities or move," that he "remembered having called up a tenant some little time ago about unseemly conduct in his office."

The snooping of one or more of the building employees and the gossip current in the corridors serves to emphasize the fact that Cupid has been too busy in the Century building.

While all will agree it is diverting and therefore demoralizing to the personnel of a well-disciplined office force to behold silhouetted on the curtains of the window boss and stenographer or clerk and felled-clerk indulging in modifications of the strangle hold, still the world about us is filled with demonstrations of the carelessness of the little heathen archer in selecting his ambushments.

What seems to be the important point, however, is the possible spreading of the edict. Are the outsiders to believe that the Century tenants are alone in this most pleasant diversification, or may we shortly expect that the tenantry of other great office quarters will be the subjects of official consideration?

## Grand Rapids Man Has a Performing Cockroach

GRAND RAPIDS, MICH.—The height of efficiency in cultivating pets has been reached by Edgar S. Aldridge, a clerk at police headquarters here. He has a pet cockroach. It resides in some of the numerous crevices in the floor and casement of his office. It has become very fond of Aldridge. When he comes on duty it scurries spiritedly about a large telephone desk or perches itself on his fingers. When either of the two other clerks are on duty, it hides away and cannot be found. Never once does it venture forth after Aldridge leaves, but the moment he returns and gives a peculiar hissing call with his pursed lips it appears, as if by magic, and quavers its long antennae in welcome. "Ah, there, Blat!" the clerk will call in greeting. "How's the world today?"

In return Blat (an abbreviation of "Blattidae," the scientific name of the cockroach family) will stretch its fine sheen of wings and scamper about delightedly. Then, when the clerk extends a finger it will run up on it and remain in an attitude of repose until tapped off to the desk again.

When Aldridge holds a pen or pencil perpendicularly to a paper it will approach cautiously and place its head at the point. Then it will revolve itself in a circle around it many times. Aldridge takes no credit to himself for this stunt. He says it is characteristic of the cockroach family.

