

### THE KITCHEN CABINET

Place yourself in the middle of the beam of power and wisdom which flows into you as life, place yourself in the full center of that flood, then you are without effort impelled to the right and left and perfect contentment.

#### GOOD EATING.

When frying eggs place a cover over the frying pan. This cooks the egg evenly and without turning. Poached eggs should be treated the same way.

**Cabbage With Meat.**—This is a favorite method of serving cabbage.

Ask our German neighbors. Separate the leaves of a soft or loosely packed cabbage, wash well, leaving the vegetable deep in the water to kill any insects that may have lodged in the leaves. Drain and spread well-seasoned beef between the leaves; sprinkle teaspoonful of rice over each, and put on the steak. Cook until the cabbage is tender or it may be simmered in beef broth for 40 minutes. Remove the string and serve piping hot. Cut in slices for serving.

**Corn Tamale.**—Cook together a can of corn, half a can of tomatoes, one cupful of cornmeal, and two cupfuls of corned beef. Add one onion, two well-beaten eggs and salt and pepper to season. Serve with a sauce made of half a can of the tomatoes, a tablespoonful of onion juice, a dash of pepper and two tablespoonfuls of butter and flour cooked together until smooth.

**Corned Beef.**—Cook a piece of corned beef in plenty of cold water brought to the simmering point. Add carrots, two onions, half a cabbage, two turnips and two stalks of celery. Serve the beef on a platter garnished with the vegetables.

**Tapioca and Banana Sponge.**—Cook half cupful of tapioca in a pint of boiling water, add two-thirds of a cupful of sugar. Cook over hot water and season with half a teaspoonful of salt. When the tapioca is translucent season with the juice of two lemons, fold in the whites of two eggs beaten dry. Serve with sliced bananas, cream and sugar. This same dish may be served with peaches, apricots or prunes.

A shredded green onion added to finely shredded cabbage, a bit of onion salad dressing makes a most tasty, simple salad.

Nellie Maxwell.

### THE KITCHEN CABINET

A slip of this will bathe the drooping spirit in delight beyond the bliss of dreams.

—Burns.

#### MORE SALADS AND SANDWICHES.

A sandwich or two with a dainty salad and a hot drink makes a most satisfying refreshment for almost any function.

**Sheldon Salad.**—Take a can of pineapple, four oranges, two bananas, half a pound of Malaga grapes and half a pound of candied cherries. Cut the pineapple in small squares. Seed the oranges and carefully break into small pieces. Cut the apples in halves and take out the seeds. Cut cherries in halves and the bananas in slices very thin. Mix and lay on lettuce leaves and pour over the following dressing: Take the juice of the pineapple, one cupful of sugar, one tablespoonful of cornstarch, and a cupful and a half of water. Mix the starch with the sugar before adding the water and cook until smooth and thick, boil at least five or six minutes and thoroughly cook the starch. When cool, add a cupful of finely cut walnuts.

**Apple and Cheese Salad.**—Mix chopped pecan meats with twice their bulk of cream cheese. Add a little thick cream to blend the mixture. Season with red pepper paprika, and salt and make into small balls. Pare good tart apples, remove the cores and slice into rings about half an inch thick. Arrange the slices on lettuce leaves and put a cheese ball in the center of each. Serve with a French dressing, made with lemon juice instead of vinegar.

**Jellied Salmon Salad.**—Take a pint of canned salmon, drain and remove the skin and bones. Mince fine, add a tablespoonful of lemon juice, a dash of red pepper, a teaspoonful of minced parsley, and salt to taste. Mix together with any good salad dressing which has been thickened with a tablespoonful of gelatin, softened in a quarter of a cupful of water. Fill small molds and set them on the ice to chill. Turn on a crisp lettuce leaves and garnish with olives. Serve with mayonnaise or boiled dressing.

**Tartar Sandwiches.**—Chop together three boned sardines, a cupful of sliced ham, three small cucumber pickles. Add a teaspoonful of mustard or some chow chow or mustard pickle. Mix to a paste with catchup and lemon juice.

Nellie Maxwell.

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## Fertilizers!

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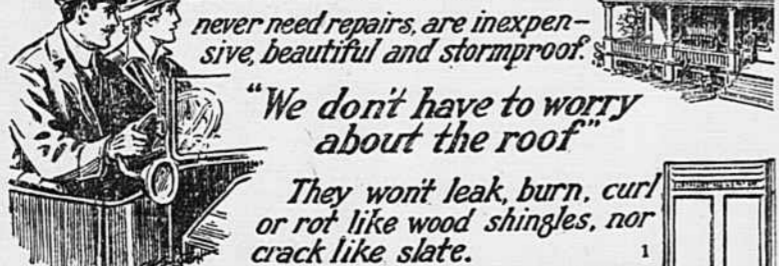
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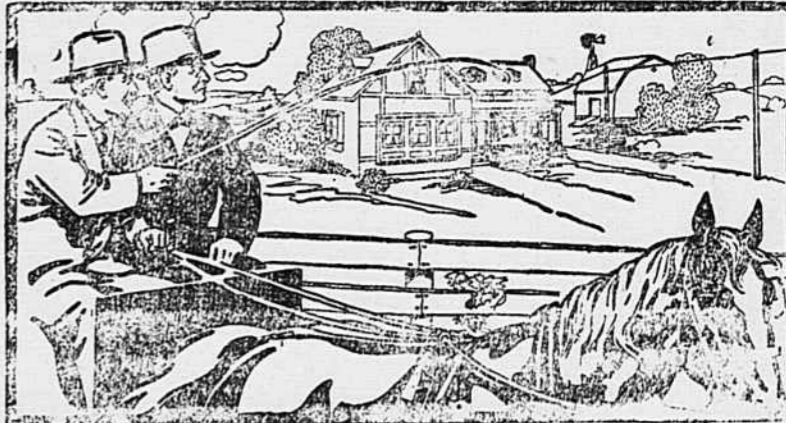
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