

# THE KITCHEN CABINET

"It costs more to live than it did years ago," said the man who complains. "Yes," answered the man who enjoys modern conveniences, "but it's worth more."

## THOUGHT FOR THE INVALID.

Invalid cooking is a most important and interesting subject, and one which demands a knowledge of dietetics as well as taste, tact and patience.

First and foremost in dealing with an invalid we must remember that he is out of balance mentally as well as physically. In the days of convalescence, when life is beginning to be worth while, the small things of every day will interest and little things will irritate, which would never be noticed in health.

If it is not necessary to mention that the tray should be immaculate in its appointments, no matter how simple, as are all other things about an invalid. When laundry needs to be considered, here are any number of pretty paper napkins which can be bought in different designs and colors. For a child the bright colors will be interesting and a variety will be a source of entertainment. In case of infectious diseases paper napkins are quit a necessity. The small paper cases, too, may be used for a tiny custard or bit of dessert.

A flower or two on the tray will be most welcome. The tiny vases which hold a small bunch of violets or a single rose are well adapted for use on a tray.

Set the tray as carefully as a place is laid at the table, and in the same order. A small pot of steaming tea which may be poured by the invalid is an item to be remembered.

Never ask a patient what he would like to eat or drink. Let his food be a surprise, as it will taste better.

Do not watch every mouthful he eats, for some people do not enjoy the sensation. Do not serve fried foods to a sick person, nor food in any large quantity. It is much better for them to want more than be surfeited at the sight of too much. Twice baked bread should be served with the broths and beef juices.

Sponge cake is the only desirable kind to serve.

Cocoa is better than chocolate, unless the patient needs the fat, and is able to take care of it.

Nellie Maxwell

# THE KITCHEN CABINET

Nothing stings Fried liver out of its monotony Of richness like a root of fennel, chopped Fine with the parsley.

—Browning.

## GOOD THINGS FOR THE TABLE.

For a company cake the following recipe is especially fine: Take the whites of six eggs, the yolks of five, one cupful each of sugar and flour, three-fourths of a teaspoonful of cream of tartar, the juice and rind of a large orange. Beat the whites very stiff and add half of the sugar. Beat the yolks and add the other half, beat five minutes, add the orange to the whites, then fold in the flour that has been sifted with the cream of tartar. Bake slowly 40 minutes. If using a gas oven, light the oven just as the cake is put in.

**Chocolate Caramel Cake.**—Take two ounces of chocolate, one cupful of sugar, one-half cupful of milk, a quarter of a cupful of butter, two cupfuls of flour, two eggs, two teaspoonfuls of baking powder and one teaspoonful of vanilla. Mix as usual and bake in layers. For the filling cook together a cupful and a half of sugar, half a cupful of sweet milk, a tablespoonful of butter; cook until it hairs. Cool, add vanilla.

**Date Torte.**—A cupful each of chopped dates, nuts and sugar, a tablespoonful of flour, and a teaspoonful of baking powder with two well-beaten eggs. Bake and serve with whipped cream.

**Almond Tartlets.**—Line petty tins with rich paste. Blanch and chop a third of a pound of almonds, add two tablespoonfuls of rolled cracker crumbs, sifted, three eggs, beaten, a third of a cupful of sugar, two cupfuls of milk, salt and vanilla to taste. Fill the shells and bake.

**Date Bars.**—Take a cupful of dates chopped fine, beat two eggs, separating the yolks from the whites, add three-fourths of a cupful of sugar to the yolks, then add six level tablespoonfuls of flour, a teaspoonful of baking powder with a fourth of a teaspoonful of salt, add the chopped dates and a cupful of walnut meats chopped, then fold in the whites and bake in a slow oven in a sheet. Cut when cold in pieces the size of a wafer.

**World's Largest Painting.** "Paradise" by Tintoretto, is the largest painting in the world. It is 84 feet wide and 33 1/2 feet high. It is now in the doge's palace, Venice.

**Nature's Lavishness.** About three hundred species of turtle and tortoises are known.

Nellie Maxwell

## HARMONY FOR MILDRED

By IZOLA FORRESTER.

"And later on, after the nations have decided to settle down and act decently among themselves, we'll take you to Germany and Paris, Mildred, and you can finish up there on your harmony and whatever you may need. Father says he won't stint you one particle. You know how he is once he takes hold of an idea. Hear me, Mildred?"

"Yes'm," answered Mildred passively, regarding the lake shore drive and gray lake waters beyond without interest. She was a tall, slender girl, who gave the impression of being overgrown, probably because she was dressed too young even for eighteen. She hated the future and the plunging around in search of the best teachers.

"I suppose we ought to run down home for a few days," went on Mrs. Tankerville happily. "Your grandmother'll expect us. You can get back in time for your January course all right."

Mildred said nothing. Her dark blue eyes were gray with anger. Nobody knew how she had always rebelled against being a genius.

Her father had owned the Sioux Rapids City bank back home, and had given up his active share in it just as soon as the family was sure of Mildred's marvelous powers.

"I've worked hard all my life," he had said comfortingly, "and now mother and I'll jog around the world with the little girl and give her a chance."

"But I don't want to go, father," Mildred had declared fearfully, even at thirteen. "I don't want to study so hard. I love home."

"Well, you can come back to it some day, and there'll be the town band to the depot to welcome you, and the mayor with a speech of welcome," he had laughed at her. "Kidnie, you don't know what it means to reach middle life and find you've not had a chance to make a single dream come true. That was me. I wanted to be a great musician. Well, we were country folks, and a large family, down in Kansas, and I went out to work, herding cattle on my uncle's ranch. Not much chance there for musical study, was there, unless I read the notes of the heavens by night, and caught the music of the spheres. Then I met your mother, and she was from Chicago. All she wanted me to do was get rich just as quick as I could, and I did. She's satisfied, but you came into the world with the love of harmony in you, and, by the everlasting jingly crickets, you're going to have all you can swallow of what I missed."

So for four years Mildred was trotted around from city to city in the new world and parts of the old, seeking the perfect teacher for her music, and always with the memory of the little home town warm in her heart and of one boy sweetheart there who had asked for a lock of her hair and a post card now and then.

They had spent the last year in New York, and now had stopped over at Aunt Anna's in Chicago. After the drive, Mildred followed her mother up the steps of the big, gray stone house. There would be guests for dinner, and she would have to play. She set her teeth and went into the shadowy hall. Her father was standing in the reception room, talking and laughing with somebody and the mere sound of that somebody's voice sent the blood racing to her cheeks.

"You remember Hal, Mildred, of course," her father said. "Little Hal Thurber—used to live in the old white house back in the pines below the church."

"I remember," Mildred said, looking into Hal's eager eyes. "I never forget anything or anyone back home."

Aunt Anna's face was radiant. She was Mr. Tankerville's sister, and to her Mildred was never a possible genius—just a dear lovable girl at the mercy of her parents' loving kindness. She invited Hal to luncheon the next day, and ordered him to take Mildred out for a walk up the drive every morning to get the color in her cheeks.

Lunch time came and passed without the two returning. By five, when the early winter twilight fell, Mrs. Tankerville was ready to phone the police, but her sister-in-law held her back placidly. It was not until seven, when dinner was served, that she sprung the news at the dinner table, beaming happily on the others.

"Now, I suppose you'll blame me terribly, but I couldn't help it. Hal asked you the first day he came, didn't he, Ned, for Mildred's hand in marriage, and you told him she was dedicated to her music? So I think you deserve everything. They were married."

Mrs. Tankerville cried softly into her napkin. Her husband stapped down the table at his sister's happy face, and his own cleared. He raised his glass.

"God bless them both, anyway," he said. "I guess I've been an old fool, eh, mother? Stop your crying and help me fix up a telegram for them that will make them nappy."

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## CABBAGE IN VARIED FORMS

Vegetable That is Usually Considered Somewhat Plebeian Has Many Possibilities.

Cabbage has not a very good reputation among some people, and it is a stand-by winter vegetable of thousands of others. Even for the fastidious taste there are delicious ways of cooking cabbage, and in salad it can also be used with appetizing results.

Chop a small head of cabbage, removing the heart. Put three tablespoonfuls of butter in a frying pan, and two tablespoonfuls of flour, and turn in the cabbage after the butter and flour are well blended, then pour on gradually a cupful of milk. Bring to the boiling point and add two teaspoonfuls of salt, a few dashes of pepper, mix thoroughly and cover tightly and cook forty minutes on the back of the range. About five cupfuls of cabbage are used for the other ingredients. All vegetarians will relish this toothsome dish. Its flavor is delicate and delightful.

**Baked Cabbage.**—Soak cabbage one hour in cold water, then boil ten minutes after cutting in good sized pieces. Place in a baking dish and cover with one tablespoonful of butter, one of flour and one cupful of milk. Salt and pepper to taste. Cover with bread crumbs and bake one hour.

**Creamed Cabbage.**—Soak a cabbage for half an hour in cold water, then trim it and cut it in eighths, and drop it into a saucepan of boiling salted water. Add a clove and a whole onion and cook until tender. Remove the onion, drain the cabbage and chop it fine. Put in a saucepan with a tablespoonful of butter and slowly add three tablespoonfuls of cream. Heat thoroughly, season with pepper and salt and serve.

## USES FOR PARAFFIN PAPER

Cheap Article Which It Will Be Found Economical to Keep Supply on Hand.

Paraffin paper costs only about five cents or ten cents for a big roll, and I try to keep some on hand always.

Besides being fine for lining almost every kind of a mold from cake to ice cream, it's also good to use inside a dish in which fish, like salmon loaf or some other soufflé dish, is being cooked. It's easy to remove—and, joy of joys—as you throw away the paraffin paper you throw away the fish aroma which makes the washing of fish utensils so odious.

Then it's also good to use to wrap around foods before placing them in the ice box. Of course, I cover almost all foods with the cover that comes with the dish. But what can you use to cover a roast that has been cooked? I haven't a dish cover of any kind that's large enough or shaped right to do this. Answer, I wrap it in a little paraffin paper dress. The paraffin doesn't absorb the juices as tissue paper would, and it keeps away odors of other foods. In fact, a little sheet of paraffin paper can be used to cover any dish in the refrigerator in lieu of any other kind of cover, and it is a sure protector against the dish absorbing odors from neighboring foods. —Exchange.

## Beefsteak Chowder.

Cut slice of salt pork into small lots, with one onion minced fine; cook until a nice brown; add one quart of boiling water, let simmer five minutes, then add one pound round steak cut into strips one-half-inch thick and two inches long; bring this quickly to a boil, then simmer until the meat is tender; add four or five pared and sliced potatoes, season with salt and pepper, add more boiling water and when potatoes are tender add one and one-half cupfuls of good rich milk or cream; split six or eight crackers, put into soup dish and pour chowder over them, serving at once.

## To Starch Fine Lingerie.

Many housewives experience great difficulty in laundering fine lingerie, such as dainty waists, jabots, collars and so forth. The chief difficulty seems to lie in giving them just the proper degree of crispness. Rinsing them in a solution of borax gives the right degree of stiffness and renders them just like new. Two heaping tablespoonfuls of borax to five quarts of water is a good proportion. This is also excellent for thin dresses trimmed with lace.

## Corn With Cheese.

Cut cold boiled corn from the cob, put in double boiler with milk enough to cover. When hot add cheese to suit your taste cut in thin bits, pepper and salt. Keep hot till cheese melts, but do not boil. Nice for supper.

## Fig Compote.

Wash one pound figs, cover with one pint cold water. Soak overnight. In the morning add two bay leaves and cook one-half hour. Strain gently. Boil sirup down to one cupful and pour over figs. Chill, serve with sweetened whipped cream.

## Warming Over Meat.

The best way to warm up a roast of meat is to wrap it in thickly greased paper, and keep it covered while in the oven. By having it covered the steam will prevent the meat from becoming hard and dry, and it will be some heated through in less time.

## German Pancakes.

To each egg take one tablespoonful of flour, a pinch of salt, a pinch of baking powder and add enough milk so it will pour easily into the pan. Make about as thick as griddlecakes.

## A GOOD FAMILY COUGH SYRUP.

Can be made by mixing Pine-Tar, Aconite, Sugar, Hyoscyamus, Sassafras, Peppermint, Ipecac, Rhubarb, Mandrake, Capsicum, Muriate Ammonia, Honey and Glycerine. It is pleasant, healing and soothing, raises the phlegm, and gives almost instant relief. For convenience of those who prefer not to fuss, it is supplied ready made in 25c. bottles under name of Dr. Pell's Pine-Tar-Honey. Can be had at your druggist. Insist on getting Dr. Pell's Pine-Tar-Honey and see that the formula is on the package. 3

## SPRING ONION POINTERS

Some Practical Suggestions About How and When to Plant Seeds and Sets for Best Onions.

Onions may be grown in spring from seed or from sets. However, spring planting of seed is not generally so satisfactory and sets are recommended for the man who neglected to plant in fall and who wants early onions. For best results with seed, plant them in October, in order that the plants may become established before severe winter weather begins and that the onions may grow off rapidly in spring and mature early in June. Still, if seed are planted very early in spring and conditions are favorable, they will make good onions, although they will be smaller and later than those from fall-sown seed.

Onions should be planted on very sandy loam. After the land has been thoroughly prepared by deep plowing and repeated harrowing, apply fertilizer and manure broadcast and harrow into the first three or four inches of soil very thoroughly. Lay off rows fifteen inches apart, plant the seed in the drill, and cover the seed to a depth of one-half to three-fourths of an inch. When the young seedlings appear, cultivate frequently in order to destroy weeds and maintain moisture. Thin out the onions so as to leave them standing three or four inches apart in the row.

To grow onions from sets, prepare and fertilize the land as when planting the seed and plant the sets just as soon in spring as soil conditions will permit. Plant them three to four inches apart in rows fifteen inches apart.

White Pearl and Prizetaker are the two most reliable varieties for this region.

Sets are more convenient for the home-gardener, but for a commercial onion planter, seed-planting is to be preferred, because onions grown from seed keep better than those grown from sets and because seed cost less than sets.

C. C. NEWMAN, Professor of Horticulture, Clemson Agricultural College.

## Edgefield Druggist Pleases Customers.

Penn & Holstein reports customers greatly pleased with the QUICK action of simple buckhorn bark, glycerine, etc., as mixed in Adler-ika. This simple remedy drains the old foul matter from the bowels so THOROUGHLY that ONE SPOONFUL relieves almost ANY CASE of constipation, sour or gassy stomach. It is so powerful that it is used successfully in appendicitis. Adler-ika never gripes and the INSTANT action is surprising. 3

Times were a trifle hard and money a little scarce, relates The Saturday Evening Post. Evidently Uncle Ephraim thought so, for he came up to his supply merchant the other day and said:

"Marse John, times is tighter than I is ever seen 'em before. Do you know, Marse John, I can't get no money at all? No, sir, I can't get nuthin'! I can't even get hold of a nickel! Do you know, Marse John, hit actually looks like I'll have to go to preachin' in order to make a livin'! I done it once and I ain't too good to do it again!"

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