

The KITCHEN CABINET

Copyright, 1922, Western Newspaper Union
 "Is life worth living? Yes, so long as there is wrong to right—So long as faith with freedom reigns And loyal hope survives, And gracious charity remains To heaven lowly lives; And men are free to think and act, Yes—life is worth living still."

EVERYDAY GOOD THINGS

The keynote to success in cookery is accurate measurement and accurate utensils. A measuring cup may look all right, but may vary from one to three tablespoonfuls. This is often true of the glass ones as a heavy bottom deceives the eye. There is no such thing as luck in cookery. Accurate measuring and careful following of a recipe will bring good results. All measurement in most cook books today are level and uniform. Heaping and rounding measures are rarely uniform even with the same individual.

Reliable Prune Cake.—Take one cupful of boiled unswartened prunes, one cupful of sugar, one-half cupful of shortening, three eggs, one-half teaspoonful of nutmeg, one-half teaspoonful of cinnamon, one-half teaspoonful of cloves, one teaspoonful of vanilla, one teaspoonful of soda, two and one-half tablespoonfuls of lemon juice and prune juice, mixed, and two cupfuls of flour. Cream the shortening, add the sugar and then the eggs well beaten. Beat thoroughly. Add the prunes finely chopped, the soda dissolved in the fruit juice and the remainder of the ingredients. Bake in two layers and use a mocha filling; or one of lemon is very good.

Lemon Cake Fudding.—Sift five tablespoonfuls of flour, two cupfuls of sugar, and one-fourth of a teaspoonful of salt, add two cupfuls of milk, the beaten yolks of four eggs, one tablespoonful of butter and the juice of three lemons; mix and fold in the whites of the eggs beaten stiff. Pour into a buttered baking dish and bake in a slow oven for nearly an hour. Serve very cold.

Gingerbread Nuts.—Put a pound each of brown sugar and honey and the grated rind of a lemon in a saucepan and simmer. Remove and add one-fourth pound of butter, one ounce of ginger, one teaspoonful of soda, and two pounds of flour. Roll thin, cut in rounds and bake in a slow oven.

It may be proved with much certainty that God intends no man to live in this world without working; but it seems to me no less evident that He intends every man to be happy in his work. It is written, "in the sweat of thy brow," but it was never written, "in the breaking of thy heart," thou shalt eat bread.—John Ruskin.

HELPFUL SUGGESTIONS

To the small town or country housewife who has not easy access to a market there is a great satisfaction in the knowledge that no matter who comes she is prepared for an emergency. This first aid in an emergency is a well-stocked shelf kept filled with foods which may be used in a hurry call when husband brings home unexpected company.

With canned soups or home canned soups or broths one may make a good dish for the beginning of a meal, then with a jar of salad dressing some sort of a salad is usually easy to prepare. If one has time a berry pie makes a fine dessert; or a shortcake, using canned fruit, is always a favorite. The foods used will depend, of course, upon the taste of the family, and if one is to be prepared the canned food, whatever it is, should be replaced at the first opportunity.

A few cans of fish, such as salmon and tuna, sardines and clams, if liked, some jars of sliced dried beef, and bacon, peanut butter, cans of corn and tomatoes, with a bottle of good salad dressing, which may be stretched by the addition of cream, a box or jar of cheese, are a few of the foods which will be most commonly used, not forgetting several cans of good soup. A most delicious tomato sauce may be made in a hurry from a can of tomato soup, using it with cold meat or hamburger steak, if at hand.

When taking dishes to a church supper or hall, mark them with small bits of adhesive tape with the name written in ink. This will not wash off at all easily, and one may identify one's property with little difficulty.

When baking a crust for a filled pie, bake it on the bottom of the pan, pricking it lightly with a fork; this keeps the crust from blistering.

Nellie Maxwell

Sell Daughters, Brag of Prices

Fathers in French South African Colony Drive Hard Bargain With Suitors.

TOWN HALL IS MARKET PLACE

Deals Are Always Settled in the Oriental Manner of Bargaining—French Government Seeks to Wipe Out Practice.

Paris.—The French colonial office is investigating ways and means of wiping out slave selling and slavery in general in certain sections of France's possessions in Africa. In the tribe of the Kabylie, the French colony in Africa, fathers sell their daughters and brag of the high prices they get for them. A Parisian traveler, De Waleffe, who went to Africa with Albert Sarraut, the French colonial minister, and has just returned from extensive journeys in the colonies, reports that France is very much misguided in believing that women are comparatively free and highly considered in the Kabylie tribe. M. de Waleffe was told by a proud father that he had sold his first daughter for 6,000 francs, but that he got 14,000 francs for the second girl, as she was very pretty. All the fathers gather for their Turkish coffee at the Caravanseral and discuss between puffs of their narghiles (Turkish water-pipes) the prices they expect to get for their daughters or brag of the amount somebody paid them.

Suitors Drive Hard Bargain.
 The deals are always settled in the typical oriental manner of bargaining. The father asks several times as much as he thinks he can get and the suitor offers as little as he can without insulting the maiden. Then they settle down to business, each reducing or raising the price as the hours pass. Finally they reach a point midway between the two original figures and the

transaction is over; but it has taken days to accomplish.

The women of Kabylie are sold at an early age, sometimes at twelve or thirteen years. Once they leave their paternal roof for the harem of their purchaser their days of pleasure are over and they face a life-long slavery of hard work.

The one redeeming factor in the sale of the women in Kabylie is that they are sold only as wives. In Asia Minor, where the many scattered tribes of Circassians sell their women, the morality is not so high, and the daughters of the tribes are sold to anybody as long as a high enough price is paid. Edhem Said Bey, a Turk who was feeling acutely the servant problem in

Constantinople, tells of going to Asia Minor and buying half a dozen servants with their fathers. They were dressed to show themselves off to advantage. Every man wanted as much as he could get for his daughter, and the bey had to deal with them one by one, listening to them enumerate the particular charms and abilities.

After long bargaining with the fathers the bey went to the market and bought donkeys, buffaloes and silver-mounted arms for a tenth of the price he had agreed upon for the girls. These were then presented to the fathers as payment.

When these girls are delivered they are carefully veiled and can travel anywhere with their purchasers unmolested, for in the Near East no one, not even a government official, would dare lift the veil of a Moslem woman.

YOUNG MOTHER NOW STRONG

Her Mother's Faith in Lydia E. Pinkham's Vegetable Compound Led Her To Try It

Kenosha, Wisconsin.—"I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound. My mother had great faith in it as she had taken so much of it and when I had trouble after my baby was born she gave it to me. It helped me so much more than anything else had done that I advise all women with female trouble to give it a fair trial and I am sure they will feel as I do about it.—Mrs. FRED. P. HANSEN, 562 Symmonds St., Kenosha, Wisconsin.

A medicine that has been in use nearly fifty years and that receives the praise and commendation of mothers and grandmothers is worth your consideration. If you are suffering from troubles that sometimes follow child-birth bear in mind that Lydia E. Pinkham's Vegetable Compound is a woman's medicine. It is especially adapted to correct such troubles. The letters we publish ought to convince you; ask some of your women friends or neighbors—they know its worth. You will, too, if you give it a fair trial.

Laxatives Replaced

By the Use of Nujol

Nujol is a lubricant—not a medicine or laxative—so cannot gripe.

When you are constipated, there is not enough lubricant produced by your system to keep the food waste soft. Doctors prescribe Nujol because its action is so close to this natural lubricant. Try it today.

Nujol

For Constipation

Views of One.
 "From fifty a week Fludub is now earning ten thousand a year. Yet his wife is no happier."
 "It isn't the amount of money that counts. It is living within her income that makes a woman unhappy."

Any secret a woman is compelled to keep is untold agony.
 No man ever yet lived a hog's life and escaped a hog's looks.

Sure Relief FOR INDIGESTION

BELLANS INDIGESTION 25 CENTS

6 BELLANS Hot water Sure Relief

BELLANS

25¢ and 75¢ Packages, Everywhere

ALLEN'S FOOT-EASE

The Antiseptic Powder to Shake Into Your Shoes

And sprinkle in the Foot-Bath. It takes the sting out of Corns, Bunions, Blisters and Callouses, and gives rest and comfort to hot, tired, smarting, swollen feet.

More than 1,500,000 pounds of Powder for the Feet were used by our Army and Navy during the war.

Allen's Foot-Ease, the powder for the feet, takes the friction from the shoe, freshens the feet and gives new vigor. Nothing relieves the pain of tight or new shoes so quickly. Sold everywhere. In a Pinch, Use ALLEN'S FOOT-EASE.

Rats in the Cellar, Mice in the Pantry, Cockroaches in the Kitchen

What can be more disagreeable than a home infested with pests? Destroy them with **Stearns' Electric Pests**, the standard exterminator for more than 43 years.

Kill rats, mice, cockroaches, waterbugs or ants in a single night. Does not blow away like powders; ready for use; better than traps. Directions in 15 languages in every box. Money back if it fails.

2 oz. size 35c. 15 oz. size \$1.50.

Woman Sheriff Heads All Raids

First to Hold Position in United States Shirks None of Duties of Office.

FILLS OUT HUSBAND'S TERM

Mrs. McAuley Served for Years as Deputy for Her Late Husband in Michigan County—Determined to Enforce Law.

Bad Axe, Mich.—For the first time in the history of Michigan, and as far as is known in the United States, a woman has been appointed as county sheriff, and has been given full charge of the men deputies in the county. And this woman, Mrs. Lula McAuley, is no novice at the job either, for she succeeds her husband, Donald

McAuley, for many years the Huron county sheriff, and has served several years as a deputy under him. McAuley would have finished his fourth term of office next January, but caught a cold during a raid, which later turned to pneumonia and resulted in his death.

To Finish Husband's Term.
 Mrs. McAuley was appointed to complete her husband's term by the unanimous consent of the Huron county probate judge, prosecutor and county clerk. The new "sheriffess" while, she says, she is not an ardent "dry," is determined that the state and national laws be lived up to within reason, and already she has engineered and taken part in one raid among the hills of north Huron county.

She predicts that the most of her troubles will come from illicit whiskey making. Already, she says, there has been a growth in the number of cases which she has had to handle and she lays this to the report which has reached adjacent counties "that a woman is sheriff in Huron."

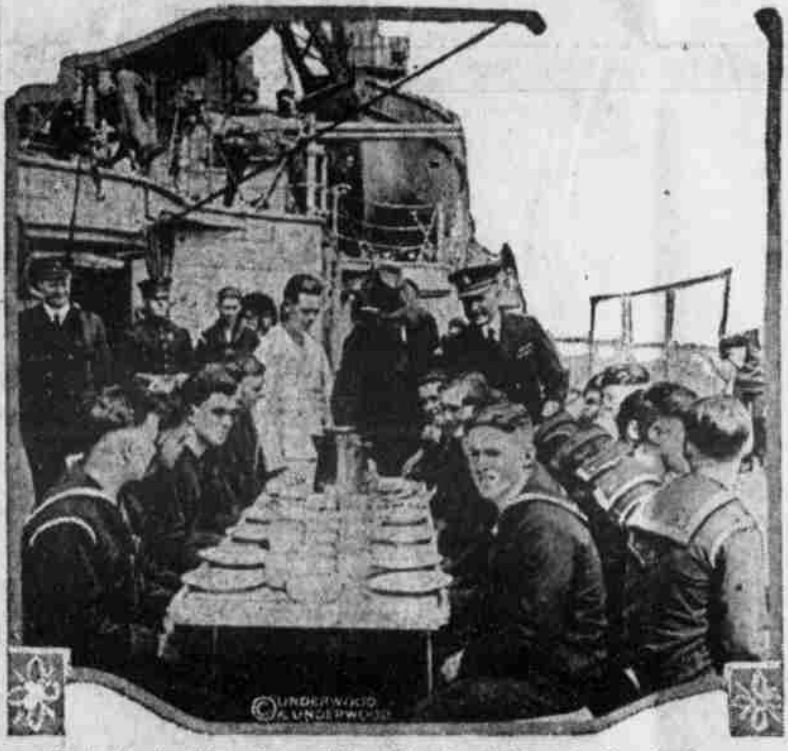
Takes Active Part.
 Mrs. McAuley says that a woman is equipped by nature and her motherhood instincts to wield a great influence for good over any community from the sheriff's office but says that she is not inclined to run for reelection when her temporary appointment expires next January. In the meantime she has adopted the policy of being present at every raid and arrest made. Her office staff consists of three male deputies and she admits that most of the work of making the actual arrests will devolve on them, but, she asserts, it is a sheriff's duty to be present when an arrest is made and she intends to see that this is carried out.

Mrs. McAuley admits that the sheriff's office is just as much a man's as any police commissionership in any of the big cities but hopes to fill the job satisfactorily despite her sex.

Find Mastodon's Bones in Texas.
 Wichita Falls, Tex.—What are believed to be fragments of a mastodon's bones have been unearthed by oil drillers in Gray county. The fragments were found imbedded in a "strata" of dry sand and are large enough to indicate they were a part of a skeleton of a prehistoric monster.

What, Indeed?
 He—What does a movie hero think about?
 Bo—What does he think with?

Prize Mess Crew of the Maryland



Uncle Sam's thirty-three-million-dollar battleship, the Maryland, can now boast of a wonderful mess crew—the pride of the navy. Captain D. F. Sellers each week has an inspection of the mess tables for which there are three prizes offered to the best mess crew. Keen rivalry exists between the mess squads, and George W. Sweeney of the Hotel Men's association was called upon to judge the inspection. The photograph shows the winning table.

Four-Year-Old Maine Girl Speaks Three Languages

Windham, Me.—Understanding French, Spanish and English, able to name the states of the country, cities and towns of Maine, and to give prompt answers to geographical questions, Mabel Edith Greenlaw, four, is hailed as the child prodigy of this section. She started to walk when she was seven months old. She is particular about her grammar, and does not hesitate to make corrections in the speech of those within her hearing.

El Centro, Cal.—A spectacular eruption of the mud geysers in Salt sea, near here, sent mud, smoke and steam 200 feet into the air, according to the report here of a number of persons who witnessed the phenomenon. The eruption came without warning and continued 20 minutes.

THIS BOY STUDENT IS A MARVEL

At Age of Seven Well Versed in Several Sciences.

Astounds Psychologists of University of California by Answers to Binet-Simon Mentality Tests—Is Mayflower Descendant.

Los Angeles.—William Elliot Bradford, who is but seven years of age, is in the fifth grade of the Woodcrest school, and recently astounded a group of psychologists at the University of California, southern branch, by his success in answering the Stanford university revision of the Binet-Simon mentality tests.

These scientists found that topping William's seven-year-old body is a brain of a boy twice that age. While reading a poem for the psychologists he came across the word "voluptuous." They asked him to go

to a blackboard and write it. Without hesitating or stopping to look at the word twice, he went to the board and wrote the word correctly.

When the boy was two years of age he could put together the sections of a jigsaw puzzle map of the United States correctly in a few moments. But the thing which most amazed his mother, Mrs. Edith Eddy Bradford, was his memorization of the poem, "Barbara Frietchie," by Whittier, at the age of six.

The boy's favorite studies are ancient history, zoology and natural history.

Miss Jessamine Crapser, principal of the Woodcrest school, said that William is qualified mentally to enter the eighth grade.

His great, great, ever-so-great-grandfather, William Bradford, came over in the Mayflower and was the first governor of Plymouth colony.

"Eden," in the original Hebrew, means "delight."