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THE KITCHEN CABINET

Every woman can render important service to the nation in its present emergency. She need not leave her home or abandon her home duties to help the armed forces. She can help to feed and clothe our armies and help to supply food in those beyond the seas by practicing effective thrift in her own household.—United States Department of Agriculture.

SEASONABLE GOOD THINGS

One never has too many good things in the fruit cellar for winter use. The following may be new to some and suggestive to many:

Apple Catsup.—Peel and quarter a dozen apples, stew them in a very little water until soft, then run them through a sieve. To a quart of the sifted apples add one cupful of sugar, one teaspoonful of pepper, the juice of one lemon and two small-sized onions, chopped fine. Stir all together, add one tablespoonful of salt and a cupful of vinegar. Boil one hour and bottle while hot.

Wild Grapes for Winter Use.—Carefully remove all the stems from wild grapes which have been picked after the first hard frosts, and place them in a stone crock with layers of sugar between, until the crock is full. Cover with a double thickness of cloth and tie newspaper over the cover. Keep on the cellar floor in a cool place. The grapes cure themselves and keep their fresh taste. Huckleberries and blueberries may be treated in the same way.

Pear Preserves.—Pare the fruit very thin, make a syrup of a pint of water to a pound of sugar, and when it is clear, put in a pound of pears and stew gently until they are clear. Place a clove to the blossom end of each pear and add the juice and thick part of a lemon to each five pounds of fruit.

Peach Preserves.—Take three-quarters of a pound of sugar to each pound of the fruit. Put the sugar with a cupful of water and boil and skim. Pare the peaches and cut them in halves or quarters, then in the syrup for ten minutes. Take out the fruit carefully, placing it in the jar, boil and strain for fifteen minutes or until it is thick, pour over the fruit and seal while hot.

Today may be all that is mournful—But tomorrow we'll somehow take courage, And bravely enter the fight.

A FEW SALADS.

A spoonful or two of cooked corn cut from the left-over vegetable added to a potato salad is a great improvement to the plain variety.

Corn Salad.—Allow half as much chopped celery and walnut meats as cooked, grated corn, season with onion, salt and pepper and dress with a French dressing. This may be served on lettuce leaves if desired.

Beet Salad.—Cut in small pieces six cooked beets, the same quantity of potatoes and celery. Mix the yolks of three eggs with olive oil, add vinegar, oil and seasonings to taste, stir well and serve poured over the vegetables.

Onion Salad.—Chop fine two Spanish onions and place on ice to chill. Arrange crisp lettuce in a salad dish and place the onion on this, sprinkle with chopped red pepper and olives, and serve with French dressing.

Watercress Salad.—Wash the cress, and when dry and crisp place in a salad bowl, cover with slices of cucumber, sprinkle with a teaspoonful of chopped onion and pour over a French dressing, using a little tarragon vinegar and three drops of Worcester-shire sauce. Serve very cold.

Mixed Vegetable Salad.—Mix one cupful of cold cooked potatoes, the same amount of cooked peas, one-half a cupful of celery cut in dice and one cupful of tomato jelly, cut in cubes. Mix with French dressing, then arrange on a salad dish and serve with slices of tomato with mayonnaise dressing.

Tomato With Orange Salad.—Peel and slice six tomatoes and six oranges, arrange them in alternate rows in a salad bowl. Add all oil and tarragon vinegar to taste, but just before serving from the salad mixture, season well with salt and pepper, sprinkle with parsley and serve.

Chicken Salad.—Mix a cupful of cold cooked chicken with one cupful of cooked peas and walnut meats, add mayonnaise to moisten and serve on lettuce with a garnish of olives.

Neene Maxwell

Concerning Hay Fever. There is no such thing as a rose cold. That affliction of early summer comes from various grasses, such as Johnson grass, wild grass, Bermuda grass, and oats, and some trees, particularly red cedar and black walnut. These grasses and trees are pollinated only by insects, and it is the role of hay fever, or science that the disease is usually caused by the pollen that goes by breeze rather than by bees.

THE BUSINESS INSTITUTE.

The young man or woman who is ambitious for the best that business life may offer, should investigate the opportunities afforded in the day or evening classes of The Business Institute, 163-169 Cass Avenue, Detroit.

The Business Institute, which is the largest, best-equipped business school in Michigan, was organized eleven years ago by the men who are still in charge of the active management of the school. They have made a careful study of the training of young people for successful business life.

Starting with an equipment of a dozen typewriters, and with twenty teachers, as a result of the efficient services rendered to the students, the attendance has steadily increased until now. The Institute has over 2,500 students during the year. The faculty now includes forty teachers, officers and assistants. The typewriting equipment has been increased until the school now uses a total of 300 machines. Both day and evening sessions are conducted throughout the year. A Free Employment Department is maintained, with a competent secretary in charge, who is employed especially to see that satisfactory positions are secured for all Institute graduates.

Starting with the beginning of the automobile industry, The Business Institute management has so planned the courses of study and arranged the school work, that it has been possible for the Institute to supply the kind of training that has enabled its graduates to hold the best office positions in the automobile world. Men who are now prominent in the automobile life of Detroit, have used the Institute training as a stepping stone to executive and administrative responsibilities. The automobile and allied industries have created in Detroit a great demand for men who are capable of handling the business life of progressive concerns. It is known as the School of Modern Methods.

The Institute has the co-operation of the Board of Commerce in placing its graduates. Many of the most prominent members of the Board of Commerce secure office help from the Institute. One of the Institute graduates, Antonio Lazzaro, recently resigned as Secretary of the Foreign Trade Bureau of the Detroit Board of Commerce. Mr. Lazzaro has secured a very responsible position with the Burroughs Adding Machine Company, where he has opportunity for further advancement. It was through the Business Institute training that Mr. Lazzaro was enabled to accept the Board of Commerce position, which led to further advancement and to the splendid position he has today. Hundreds of similar illustrations can be given which demonstrate the value of the Institute courses of study.

Visitors are always welcome and the management of the Institute considers it a privilege to show anyone who is interested through the commodious, well lighted offices and lecture rooms. The school occupies the entire three story Institute Building on Cass Avenue, just north of Michigan. Business schools are also conducted by the Institute in Pontiac and St. Clements.

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Mrs. Newcom—"Before we were married you said that my slightest wish should be your law." Mr. Newcom—"Exactly, my love; but you have no idea how various and well-developed wishes that I am as yet unable to decide as to which is the slightest." Pittsburgh Post.

Fashion in Thought.

We are taught to clothe our minds, as we do our bodies, after the fashion of vogue; and it is accounted fashionable, or something worse, not to do so.—Locke.