



The Home Department

Conducted by
Helen Watts McKee

October Bright Blue Weather
O suns and skies and clouds of June,
And flowers of June together,
Ye can not rival for one hour
October's bright blue weather.

When loud the bumble-bee makes
haste,
Belated, thriftless, vagrant;
And golden-rod is dying fast,
And lanes with grapes are fragrant;

When gentians roll their fringes tight
To save them from the morning,
And chestnuts fall from satin burrs
Without a sound of warning;

When on the ground red apples lie
In piles like jewels shining,
And redder still on old stone walls
Are leaves of woodbine twining;

When all the lovely wayside things
Their white-winged seeds are sow-
ing,
And in the fields, still green and fair,
Late aftermaths are growing;

When springs run low, and on the
brooks,
In idle golden freighting,
Bright leaves sing noiseless in the
hush
Of woods, for winter waiting;

When comrades seek sweet country
haunts,
By twos and twos together,

SAFEST FOOD

In Any Time of Trouble Is Grape-Nuts

Food to rebuild the strength and that is pre-digested must be selected when one is convalescent. At this time there is nothing so valuable as Grape-Nuts for the reason that this food is all nourishment and also all digestible nourishment. A woman who used it says:

"Some time ago I was very ill with typhoid fever, so ill everyone thought I would die, even myself. It left me so weak I could not properly digest food of any kind and I also had much bowel trouble which left me a weak, helpless wreck.

"I needed nourishment as badly as anyone could, but none of the tonics helped me until I finally tried Grape-Nuts food morning and evening. This not only supplied food that I thought delicious as could be but it also made me perfectly well and strong again so I can do all my housework, sleep well, can eat anything without any trace of bowel trouble and for that reason alone Grape-Nuts food is worth its weight in gold." Name given by Postum Co., Battle Creek, Mich.

Typhoid fever like some other diseases attacks the bowels and frequently sets up bleeding and makes them for months incapable of digesting the starches and therefore pre-digested Grape-Nuts is invaluable for the well known reason that in Grape-Nuts all the starches have been transformed into grape sugar. This means that the first stage of digestion has been mechanically accomplished in Grape-Nuts food at the factories and therefore anyone, no matter how weak the stomach, can handle it and grow strong, for all the nourishment is still there.

There's a sound reason and 10 days trial proves.

Get the famous little book, "The Road to Wellville," in each pkg.

And count like misers hour by hour,
October's bright blue weather.

O suns and skies and flowers of June,
Count all your boasts together—
Love loveth best of all the year
October's bright blue weather.

—Helen Hunt Jackson.

Home Chats

It is late in the beautiful month of October, and our world is enjoying its most magnificent season. The first frosts are falling, and the woods are changing from their cool greens to the most gorgeous colorings. The summer-time is unmistakably "lived out," and we must now face the fact that winter will soon be with us. The walnut and the chestnut are rich in their dyes of ochre and amber; the beech and the linden are arrayed in golden robes, while the maples are all ablaze with the fiery hues of the sunset. Over the distant landscape autumn softly lays her purple glory mantlewise, as if to protect so much of beauty from the swift-coming blasts of winter. In field and forest, the brooding stillness is broken but by the soft patter of falling nuts, the farewell notes of some belated bird, or the saucy, chattering challenge of the provident squirrel, as he scampers about, gathering and storing his winter's supply of the woods-harvest.

And this reminds one that these pleasant days of early autumn are a good time to prepare for the wintry weather so sure and so soon to come, and by which the prudent house-mother may forestall the dangers of the first "cold snap" by gathering up the warm garments the children will soon be calling for. Now is a good time to unpack the "old clothes chest," for one will not need to bring it into the room where the first fires are kindled. The sensible mother will congratulate herself that the mending was done last spring but children have a disagreeable habit of getting too long for their clothing, and the garment that "just fitted" Mary last year must be passed down the line to the one who has stretched up to it from the ranks of younger children. There may be convenient tucks, or deep seams that may materially add to the garment's size, but these will require some time, and it is as well to take the garments in hand while not yet needed.

There are many small alterations that may be made better now than they could have been when the garments were laid away, and much that can be done that the children shall not feel the sudden changes that come so quickly and uncomfortably to the thinly-clad child. This is one of the duties of the hour, and one which no one having the care of little children should neglect. Before beginning the new garments, let us look over the old, and see what can be done to fill in the interval between seasons.

For the Sewing Room

Many very pretty dresses and aprons for the school girls may be made from material costing but five cents a yard, and the best need not cost more than ten to twenty-five cents a yard. Durable lace, of quite pretty designs, may be purchased at less than five cents a yard, and a trimmed garment is prettier and more carefully handled than one that is entirely plain. A child should be taught to respect its clothes, as well as itself, and they should be so made as not to render them in any-

way conspicuous or inviting undue attention.

There is little economy in buying a poor grade of low-priced goods, but many low-priced goods are of excellent quality, and will stand much wear and laundering. Light-weight wool fabrics often wash well, and may be cleaned, turned and dyed, and if care is taken, will look well until completely worn out. It is a good plan to buy the standard cotton goods, such as calicoes, ginghams, lawns, underwear, stockings, etc., in the fall, as they are then sold at considerable reduction in price, while woolen goods should be purchased in the early spring or late winter sales. Many things may thus be provided from even a slim purse which could not be afforded at the price asked while the season is on. During cold weather, woollens should be worn next the body, but if, as with some, this can not be done, some thin cotton garment should be worn between it and the skin.

In buying for the children's clothing the remnant counter is not to be despised. One can often pick up a really good bargain there, if a judge of material; but it is not well to buy a thing simply because it is cheap.

Query Box

M. S.—Answered you by mail, as you requested.

Annie S.—All meats should be boiled very slowly; fresh meats should be put into boiling water at first so as to seal up the pores and confine the juices.

Alice.—A turkey of ten pounds weight will require two and one half hours' roasting, with frequent basting. Acid jellies, such as currant or cranberry, should be served with it.

Lover of Sweets.—To prevent grain- ing when making candy, add a few drops of lemon juice, or a teaspoonful of vinegar or cream tartar.

Mother.—For the excoriations on the flesh of the baby, wash in milk-warm water by pouring over the affected parts, or squeezing the water from a cloth or sponge so it will wash over it. Do not rub the sore. When clean, drop a few drops of sweet oil on the parts.

Jessie.—Always remember to first soften the gelatin in cold water, and then dissolve it in boiling water. In making angel cake, try putting the cream tartar, as well as the salt, into the whites of eggs before beating them.

Helen M.—To dress a salad at table, use first the salt and pepper, then the oil, and last, the vinegar. If the vinegar is used before the oil, the lettuce will be too wet, and the oil will run into the bottom of the bowl.

Beatrice.—You should have sent a stamped, addressed envelope for an answer. I have submitted your question to an expert in such matters, and if you will send me your address, will forward her reply to you. You are too sensitive, dear child.

James S.—Until recently, it was believed that petroleum, like coal, was the product of fossilized vegetation, or possibly derived from beds of animal or fish remains of some long-past age; but many scientists now think that its origin may not be organic, but due, instead, to subterranean chemical action.

"A Subscriber."—I would aid you if I could, but, however beneficial a change of climate may at first prove to be, the relief often proves to be but temporary. Catarrh, like many other

ailments, is not restricted to any one region, but claims its victims everywhere. What might benefit another might only work harm to your case. A dry climate might be best for you.

Annie M.—To restore a soft custard which has separated or curdled, set the dish in a pan of cold water and beat with an egg-beater until smooth. To make the custard successfully, cook in a double boiler over hot—not boiling—water, stirring constantly. To bake a custard, the baking dish should be set into a second dish half-filled with water.

Housewife.—Vegetables should be put on in soft, boiling water; if put on in cold water, much of their flavor will be lost, owing to the slow heating process, while too rapid boiling tends to harden them. Potatoes may be put on in cold water, and when cooked, turn into a colander, drain, and set over a pot of boiling water until needed to serve.

Mrs. C. L.—Larding meat and poultry is simply introducing into the surface flesh, by means of an instrument made for the purpose called a larding needle, the clear fat of pork or bacon cut into thin strips about two inches long. Of fowls, the breast only is larded. Place the strips of fat, one at a time, into the cleft of the larding needle and draw through the flesh, leaving half an inch or so on each side of the stitch. This is intended to add flavor and increase the juiciness of the meats.

To Preserve Eggs

A correspondent of The Inter-Ocean (Chicago) says: "Have a kettle of boiling water on the stove, and into this drop your eggs (or better, place them in a wire basket prepared for boiling eggs); let them remain as long as it takes you to count ten, counting fast, then remove. This recipe has been in use in our family for forty or fifty years. The eggs can not be told from perfectly fresh ones, as the heat cooks the fine inner skin and no evaporation can take place. There is no taste of lime about them put up this way, and it is a sure way to keep them."

Cranberries

Cranberries should not be cooked in a tin vessel. When properly cooked, they make a delicious addition to many kinds of meats, and are fine for many dessert dishes. As this berry is now on the market, we give a few tested recipes for cooking them.

Cranberry Sauce.—Stew one quart of cranberries in one pint of water until the skins burst, then add one pint of granulated sugar and simmer for twenty minutes longer. This may be molded like jelly, or, by the addition of another small cup of water, can be made into a delicious sauce for luncheon or tea.

Steamed Cranberry Pudding.—Cream together half a cup of butter and one cup of sugar, adding gradually one cup of milk, and one and a half pints of flour in which have been sifted three teaspoonfuls of baking powder and half teaspoonful of salt (or less if liked). Lastly, stir in two well-beaten eggs and two cups of cranberries dredged with flour; turn into a buttered mold, cover closely and steam

A NOTRE DAME LADY.

I will send free, with full instructions, some of this simple preparation for the cure of Leucorrhoea, Ulceration, Displacements, Falling of the Womb, Scanty or Painful Periods, Tumors or Growths, Hot Flashes, Desire to Cry, Creeping feeling up the Spine, Pain in the Back, and all Female Troubles, to all sending address. To mothers of suffering daughters I will explain a successful Home Treatment. If you decide to continue it will only cost about 12 cents a week to guarantee a cure. Tell other sufferers of it, that is all I ask. If you are interested write now and tell your suffering friends of it. Address Mrs. M. Summers, Box 169 Notre Dame, Ind.