



The Home Department

Conducted by
Helen Watts McKee

The Old Oaken Bucket

How dear to my heart are the scenes
of my childhood.

When fond recollection presents
them to view;

The orchard, the meadow, the deep-
tangled wildwood,

And every loved spot which my in-
fancy knew—

The wide-spreading pond, and the mill
that stood by it,

The bridge and the rock where the
cataract fell;

The cot of my father, the dairy-house
nigh it,

And e'en the rude bucket that hung
in the well.

The moss-covered bucket I hailed as a
treasure,

For often at noon, when returned
from the field,

I found it the source of an exquisite
pleasure,

The purest and sweetest that nature
can yield.

How ardent I seized it, with hands that
were glowing,

And quick to the white-pebbled bot-
tom it fell;

Then soon with the emblem of truth
overflowing;

And dripping with coolness, it rose
from the well.

How sweet from the green, mossy
brim to receive it,

As poised on the curb, it inclined
to my lips!

Not a full-flushing goblet could tempt
me to leave it,

Though filled with the nectar that
Jupiter sips.

And now, far removed from the loved
habitation,

The tear of regret will intrusively
swell,

And fancy reverts to my father's plan-
tation,

And sighs for the bucket that hung
in the well.

Chorus—

The old oaken bucket, the iron-bound
bucket,

The moss covered bucket that hung
in the well.

—Samuel Woodworth.

Home Chats

The time of year has now come for
putting the "warm" side of the carpet
uppermost, and for the replacing of the
lace and muslin draperies with bright-
toned plush, cotton flannels, cretonnes
or calicoes. It is time to make the
whole house as bright and warm-look-
ing as possible, and this can best be
done by introducing warm, bright col-
oring wherever it is possible to do so.
In well-lighted, warm rooms, soft shades
of brown, oak-color, certain greens,
and a few other colors, give an air
of comfort and elegance not depend-
ent upon rich furniture or costly hang-
ings. Plenty of light, plenty of suit-
able reading matter, a glowing fire,
and tidiness give a room a cheery ef-
fect which no amount of rich furnish-

BETTER THAN SPANKING.

Spanking does not cure children of urine diffi-
culties. If it did there would be few children
that would do it. There is a constitutional cause
for this. Mrs. M. Summers, Box 169, Notre Dame
Ind., will send her home treatment to any
mother. She asks no money. Write her today
if your children trouble you in this way. Don't
blame the child. The chances are it can't help it.

ing man supply. If the rooms up-
stairs are not heated, the bed-clothing
should be of a warm, cheerful coloring,
and the curtains to the windows may
be red, or a rich brown. Above all
things, let there be light and warmth
throughout the house. A dark or chil-
ly room is a cheerless one, and in no
wise attractive to the average human
being. A cheap way of heating the
upper rooms is by having the stove-
pipe from the stoves below run up
through the floor, the heat passing
through a "drum," or radiator, and the
pipe finding entrance to the chimney
from this. One fire will thus warm
two rooms, with no additional fuel and
without danger. I am not an advocate
for cold sleeping rooms.

One of the most important things to
be considered in preparing the winter
wardrobe is to provide for the shield-
ing of the chest and back. "That chill-
ly feeling" down the back is a very
common complaint, and often leads
to serious results. Another part of
the body which needs protection is
the lower back, where the skirt-bands
just fail to meet the short jacket or
abbreviated cape. These parts of the
body should be attended to, and sup-
plied with suitable warmth. One of
our best physicians said to me a few
days ago, that, when women learned
to dress sensibly, and to understand
how to protect the weak places, they
might hope for improved health; but
that no "drug treatment" could undo
what their carelessness in that line
is doing in the way of developing dis-
ease in weak organs, or fostering
weaknesses already developed in their
own and their children's bodies. These
matters are of the utmost importance,
and I am glad to say, are beginning
to receive the attention they deserve.

Do not forget to put up the lunches
in as attractive a form as possible.
A cold lunch is a poor appetizer, at its
best. Don't forget to see that the lit-
tle feet and legs are made as comfort-
able as the rest of the body, by proper
protection.

Whole Wheat Bread

Whole wheat bread is beginning to
be accepted on its merits, and, in an-
swer to several queries, the following
tested directions for making is given:
Pour one pint of boiling water into one
pint of sweet milk; cool the liquid, and
when luke-warm, add one cake of com-
pressed yeast previously dissolved in
half a cupful of warm water. Add a
teaspoonful of salt and enough whole
wheat flour to make a batter that will
drop easily from a spoon; beat thor-
oughly for five minutes; cover and
stand in a place that is moderately
warm for three hours. Sufficient whole
wheat flour to make a dough should
then be added gradually; when stiff,
knead on your board until the mass
is soft and elastic, but not sticky.
Make the dough into loaves, put in
well-greased bread-pans, cover, and
stand away to rise for one hour. When
raised enough, put in the oven and
bake. If long French loaves, bake
thirty minutes in a quick oven; if
large square loaves, bake one hour
at a moderate heat.

Another tested recipe is given:
Scald one cupful of milk, add a tea-
spoonful of butter, teaspoonful of salt,
a tablespoonful of sugar, and one cup-

ful of hot water. When luke-warm,
add one-half yeast cake and enough
whole wheat flour to make a thin bat-
ter. Do this in the morning, as the
bread rises quickly. After making a
smooth batter, let rise until very
light; add whole wheat flour gradually,
beating continuously, until as much
has been added as you can conveni-
ently stir in. (If the flour is not added
gradually, the bread will be coarse-
grained.) Let rise, and when light,
bake one hour in moderate oven.

The First Thanksgiving Day

Over a century and a half be-
fore the landing of the Pilgrims
at Plymouth, a band of English way-
farers made the barren shores of New-
foundland their stopping-place. The
records of the day's observance is thus
recorded in the ship's log:

"On Monday morning, May 27, 1578,
aboard the Ayde we received all the
communion by the minister of Graves-
end, and prepared as good Christians
toward God and resolute men for all
fortunes, and toward night we de-
parted toward Tillberry Hope. Here
we highly praised God, and, all to-
gether on our knees, gave Him humble
and hearty thanks, and Maister Wol-
fall, a learned man appointed by Her
Majesty's council to be our minister,
made unto us a godly sermon, exhort-
ing us to be thankful to God for His
strange and miraculous deliverance in
those dangerous places."

No feasting or festivity entered into
this solemn and impressive ceremony;
it was a religious service only, and
was the first religious service ever held
in North America, so far as is known.

Our New England Thanksgiving

Governor Bradford, the first gov-
ernor of the Massachusetts colony, in-
stituted Thanksgiving Day as we now
know it—a day set apart for feasting
and rejoicing, as well as for prayer
and praise. A little pleasure was be-
ginning to creep into the lives of the
colonists; a plentiful harvest had been
given them, and in gratitude for this,
Governor Bradford appointed the 13th
day of December, 1621, to be observed
for the expression of joyous gratitude.
Of the colonists who had settled there,
only about fifty-five had survived the
extreme hardships of the first dread-
ful winter, but these went hopefully
about preparing for the joyous feast-
ing. Men were sent into the vast for-
ests for game, which was abundant,
and it was at this festival that the
turkey was crowned king of the Amer-
ican Fall festival board.

At day-break on the eventful morn-
ing, the cannon on the hill-top thun-
dered forth a summons, and a solemn
procession of men, women and chil-
dren, led by Elder Brewster, carry-
ing his Bible, with Governor Brad-
ford bringing up the rear, proceeded to
the meeting house. The service con-
cluded, the people repaired to their
homes to enjoy their fasting, having
as guests a band of friendly Indians—
King Massasoit and his ninety follow-
ers, who proved a welcome addition to
their number. Great stores of venison
were contributed by the red men, and
the festivities were kept up for three
days, and consisted of religious exer-
cises, war dances by the savages, and
military drills by Captain Standish's
well-trained soldiers. Other days of
thanksgiving were observed as time

went on, but not until 1684 did the ob-
servance become annual in Massachu-
setts, and as a national holiday, its
observance is of but recent date. After
the civil war, it received an annual
appointment for the last Thursday in
November. Its observance grows in
favor all the time. The day is one for
family re-unions, for the home-gather-
ings of scattered families and friends,
and for special outward utterances of
sincere and grateful thanks by both
nation and individual.

The Thanksgiving Roast

Judging from the newspaper reports
of an alleged shortage in the turkey
crop, the high prices asked for this
staple of Thanksgiving dinners, there
will be a few homes in which some-
thing else must take its place. Pork,
beef, mutton and poultry may all be
made to serve in the absence of the
thanksgiving bird, and these may be
cooked in many very appetizing ways.
For a large family gathering, a roast
pig is very nice. The pig should be
killed and dressed a day or two before
wanted for cooking. One six weeks
old is best for roasting. When dressed,
rinse thoroughly, and when it is dry,
rub salt inside; make a dressing of one
and a half cupfuls of breadcrumbs, one
tablespoonful of chopped parsley, table-
spoonful of powdered sage, scant tea-
spoonful of salt, a little black pepper
and a teaspoonful of onion juice. Mix,
and add two tablespoonfuls of melted

TILL NOON

The Simple Dish That Keeps One Vigor- ous and Well Fed.

When the Doctor takes his own med-
icine and the grocer eats the food he
recommends some confidence comes to
the observer.

A Grocer of Ossian, Ind., had a prac-
tical experience with food worth any-
one's attention.

He says: "Six years ago I became
so weak from stomach and bowel
trouble that I was finally compelled
to give up all work in my store, and in
fact all sorts of work, for about four
years. The last year I was confined
to the bed nearly all of the time, and
much of the time unable to retain food
of any sort on my stomach. My bowels
were badly constipated continually and
I lost in weight from 165 pounds down
to 88 pounds.

"When at the bottom of the ladder
I changed treatment entirely and
started in on Grape-Nuts and cream
for nourishment. I used absolutely
nothing but this for about three
months. I slowly improved until I
got out of bed and began to move
about.

"I have been improving regularly
and now in the past two years have
been working about fifteen hours a
day in the store and never felt better
in my life.

"During these two years I have never
missed a breakfast of Grape-Nuts and
cream, and often have it two meals
a day, but the entire breakfast is al-
ways made of Grape-Nuts and cream
alone.

"Since commencing the use of Grape-
Nuts I have never used anything to
stimulate the action of the bowels, a
thing I had to do for years, but this
food keeps me regular and in fine
shape, and I am growing stronger and
heavier every day.

"My customers, naturally, have been
interested and I am compelled to an-
swer a great many questions about
Grape-Nuts.

"Some people would think that a
simple dish of Grape-Nuts and cream
would not carry one through to the
noonday meal, but it will and in the
most vigorous fashion."

Name given by Postum Co., Battle
Creek, Mich.

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