



The Home Department

Conducted by
Helen Watts Miller

"Kismet"

I think it would be well, dear friend,
Since youth and hope have slipped
away,
To send you back the ring you gave—
Memorial of our parting day.

We knew that ere the morning's dawn
Our paths would lead us far apart;
That never more, hand clasped in
hand,

Should we two meet—thus heart to
heart.

We watched the golden sunset die;
We knew this hour would be our
last;

We faced our fate with level eyes—
The feast was o'er, and now—the
fast.

And yet, dear friend, do you recall
Our smile, despite the rising tears.
What matter, since the joy was ours,
The bitter fast of coming years?
We have not weakly mourned our loss;
The furnace fires have not been vain;
We have been strengthened by our
cross—
The world made better by our pain.

So, dear, I send you back your ring,
Regretfully, but deem it best,
Since we are growing old and gray,
To let our perished dreamings rest.
But still, I sometimes see you, dear,
As then you stood, with love elate,
And placed the ring upon my hand,
And said, "God bless you—it is fate."
—H. W. M.

For Preserving Meats

We have several calls for recipes for curing meats, putting them up in various ways. In many of our best cook books, these matter are fully discussed by experts at the business, and a great many excellent and reliable methods are given. Many of the methods are old and well-tried, while others claim to be new. I have selected some that are recommended by long use, but the following of the recipes as to quantity and proportion of materials is by no means the most important part of the work. In butcher's care should be taken that the animal is in good health, and, as with the human animal, fat is not always a sign of good health. Pork, when killed, should be thoroughly cooled before salting, but should not remain unsalted longer than two days and should not be allowed to freeze before the salting is done. Neglect of either of these precautions is the cause of much spoiled pork. Another matter of great importance is that the carcass should be hung up so as to allow all blood to drain out of the flesh and vessels. Most of meats are salted too heavily, and thus lose their sweetness and become leathery.

For Curing Meats

The following method of putting up beef, copied from Chase's Recipe book, has been a favorite one with many families:

For Winter and Present Use.—Cut the beef into sizable pieces, sprinkle a little salt on the bottom of the bar-

BETTER THAN SPANKING

Spanking does not cure children of urine difficulties. 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.

rel only, then pack your beef without salting it, and when packed, pour over it a brine made by dissolving six pounds of salt for each one hundred pounds of meat in just enough cold water to sufficiently cover it when well weighted. This beef can be cut and fried as nice as fresh meat for a long time, and is just right for boiling, also. When it gets a little too salt for frying, you can freshen it nearly as nice as pork, for frying purposes, or, it can be parboiled, the water turned off, and a stew made of it. By using more salt, it soon loses its freshness, and the juices are drawn off by the salt. In three weeks, perhaps less, such pieces as are intended for drying may be taken out of the brine and hung up, and is improved by soaking over-night to remove the salt from the outside. This is all right for winter and drying purposes, but if any is left until warm weather, drain off the brine, put salt among what is left of the meat and cover with brine made as follows: For every 100 pounds of beef, use seven pounds of salt dissolved in water enough to well cover it, weighting it down closely.

Another Way.—First, thoroughly rub salt into the meat in bulk and let it remain for twenty-four hours to draw off the blood. Then, let drain, cutting as desired, and pack carefully. Have ready a pickle made as follows: For every 100 pounds of beef, use seven pounds of salt; saltpetre and cayenne pepper, of each one ounce; molasses, one quart, and soft water, eight gallons; boil and skim well, and when cool, pour it over the beef. Boiling and skimming cleanses the brine, while the cayenne and saltpetre improve the flavor and help to preserve, serve.

For a reliable method of canning beef, I do not know of any that has proven satisfactory on trial. In regard to the method of frying and packing down in lard of either sliced beef or pork, or of sausage, the general verdict seems to be that it soon gets "strong."

Query Box

Mrs. G. C. M.—Thanks for suggestions and kind words. I can not give you the recipe for making onion pie or cake, but hope some of our sisters may be able to find it.

Hardy B.—An excellent cough medicine is made as follows: One ounce of camphor, half ounce of lobelia and one ounce of paragonic, well shaken. For an adult, dose is fifteen drops three times a day.

Emma S.—To darken red hair, mix equal parts of alcohol, castor oil and bay rum; shake well, and perfume with bergamot; apply with finger tips, combing and brushing it in well. This will make the hair glossy and will promote growth.

Mrs. A. C.—White lamb's wool furs and white or delicate-tinted wool fascinators may be cleaned by rubbing in hot corn meal, as you would wash with water; as often as the meal becomes discolored, throw it out and take fresh, until the article looks clean.

Anxious.—Boil a handful of garden sage in a quart of water, until it looks black; then, using an old tooth brush, brush it well into the scalp three or four times a day. It is claimed that

this will restore the color to faded hair, and it is an excellent tonic; but I do not know if it will restore color to gray hair. You can but try.

Perplexed Pattie.—Black serge or cashmere goods may be cleaned by sponging with this mixture: One tablespoonful each of aqua ammonia and spirits of wine and three of boiling water. For the silk, sponge with hot coffee from which every particle of sediment has been strained through a muslin cloth, sponging across, not lengthwise, of the width, on the side that is to show; allow to become partially dry and iron on the wrong side.

"Student."—Mrs. A. D. T. Whitney completed her eightieth year on the fifteenth of September last. Her first novel was written over forty years ago, and her latest is just out. She has twenty-seven books on her publisher's list. Miss Holley published her first novel in 1873.

Hattie.—Boil the burner after removing the wick, in a solution of one teaspoonful of common baking soda to a teacupful of water, for one hour. It will be "like new."

Ada M.—A "simple home remedy" for malaria is given below, though I do not vouch for its efficacy. It will cost nothing to try it. Make a small, long sack, fill with common salt, quilt so it will lie flat, and wear it on the back between the shoulders night and day, for a month or more.

Health-Seeker.—Any reputable physician will tell you that a mere sample bottle of a medicine that will affect a disease of a chronic nature or one of long standing must be drugged to the danger point, and should be let alone. Don't read such things, but try to look on the bright side and determine to get well at all costs, by treating yourself the very best you know how, and letting drugs alone. Get as many hours sleep as you can, eat wholesome foods, get out of doors often, and just determine that you will see the bright side of life, anyhow. You are your own best physician.

Sufferer.—Drug treatment will do very little good in a neglected case of poisoning by poison ivy. As soon as the pustules appear, get ten cents worth of the extract of grindelia from any druggist, and rub it on the affected parts every five minutes until the itching ceases. It is well to keep the drug in the house, or take it with you in your rambles. Poison ivy is found everywhere; sometimes even in the city yard or garden.

Mother.—Stir one cup of clean wheaten bran, such as you get of the miller or at "feed" stores, into a quart of water and let stand for six hours, or even longer, stirring occasionally. When ready pour off and ice, or drink it without icing. A little lemon juice will help the taste. This is wonderfully nourishing, and is recommended by our best physicians.

Mary L. C.—For washing your black or dark blue cotton goods, use no soap. Boil two quarts of wheat bran for half an hour in sufficient water to wash one dress, stirring occasionally so it will not burn; strain, and use the water as you would suds. The bran water cleans like soap, and the color is safe. Rinse in one water, and no starch is necessary. The water should be only lukewarm, and the goods should be ironed on the wrong side

while damp. You will be delighted with the results.

Annie E.—An effective and inexpensive cure for nasal catarrh is as follows: Teaspoonful each of table salt and powdered borax dissolved in a pint of lukewarm water; another is, teaspoonful each of powdered borax, powdered sugar, salt and common baking powder, dissolved in a pint of boiled water. Snuff this (either prescription) up the nostrils several times a day, especially on getting up in the morning and going to bed at night. If the mucus membrane is very sore, dilute the solution a little at first, but use regular strength as soon as possible. A nasal douche with glass funnel and rubber tube will cost you about forty cents. The first prescription is the best.

Suggestions for Home Clubs

Early in September we planned a systematic course of study and entertainment for the winter evenings. Our family consists of a mother and four daughters, the two youngest teach in the vicinity and board at home. The oldest (myself) is an invalid. We live in a very small village, consequently we have to plan our own entertainments.

We have organized a family club, call it the "Four Leaf Clover club," and we have our meetings every evening from 7:30 to 9 o'clock. One of us reads aloud while the others do fancy work, mend, sew or rest. One hour of the time we devote to solid reading, something aside from stories. We take up the study of Russia and Japan this year. We are taking up

HAPPY CHILDHOOD

Right Food Makes Happy Children Because They are Healthy

Sometimes milk does not agree with children or adults. The same thing is true of other articles of food. What agrees with one sometimes does not agree with others.

But food can be so prepared that it will agree with the weakest stomach. As an illustration—anyone, no matter how weak the stomach, can eat, relish and digest a nice hot cup of Postum coffee with a spoonful or two of Grape-Nuts poured in, and such a combination contains nourishment to carry one a number of hours, for almost every particle of it will be digested and taken up by the system and be made use of.

A lady writes from the land of the Magnolia and the mocking bird way down in Alabama and says: "I was led to drink Postum because coffee gave me sour stomach and made me nervous. Again Postum was recommended by two well-known physicians for my children, and I feel especially grateful for the benefit derived.

"Milk does not agree with either child, so to the eldest aged four and one-half years, I give Postum, with plenty of sweet cream. It agrees with her splendidly, regulating her bowels perfectly although she is of a constipated habit.

"For the youngest aged two and one-half years I use one-half Postum and one-half skimmed milk. I have not given any medicine since the children began using Postum, and they enjoy every drop of it.

"A neighbor of mine is giving Postum to her baby lately weaned, with splendid results. The little fellow is thriving famously." Name given by Postum Co., Battle Creek, Mich.

Postum agrees perfectly with children and supplies adults with the hot, invigorating beverage in place of coffee. Literally thousands of Americans have been helped out of stomach and nervous diseases by leaving off coffee and using Postum Food Coffee. Look in pkg. for the little book, "The Road to Wellville."