



The Home Department

Conducted by
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AUTUMN DAYS

The air is full of wondrous lights,
When comes the glow of autumn days,

When woods are flecked with tints bright,
And skies are hushed with floating haze.

The brown leaves rustle softly down,
A coating thick on matted grass,
And slowly redden in the sun
The crimson-berried sassafras.

A purple veil is o'er the land,
A lotus languor in the air;
All red and yellow flame the hills,
And banners blazon everywhere.
The ripened nuts drop to the ground
Where summer wove her magic spell,
While wind carnations, like a flame,
Light up the half-deserted dell.

O'er hill and valley, thicket-choked,
The autumn flaunts her banners wide,
In somber gown, the cricket pipes
Its requiem for the flowers that died.

A blight has fallen on the corn,
The grape has lost its pungent wine,
The stubble tells of garnered sheaves,
The harvest's blood drips from the vine.

But never breath of sweetest spring,
Nor hot caress of summer's prime
Such benedictions ever bring
As the soft kiss of autumn time.
Earth's mother-heart with love o'erflows,

All garners from her store she fills,
While autumn sits in regal show,
Her farewell smile is on the hills.

Soon, now, upon the scene so fair,
Frosts will descend, with blighting chill;

But, winter's reign is yet afar;
Not lost the sunshine on the hills.
And know that, though the frail of earth,

All wither from the sight away,
The hill of hope is bathed in light—
And peace shall crown Life's autumn day.

Uses of Olive Oil

Sometimes Dame Fashion shows a startling amount of good sense, "considerin'", and one of the most sensible things inaugurated of late is the taking of olive oil as a food and medicine. Physicians have advised such uses of the oil, but it has only been of recent date that it has become a "fad." It has been proven in many cases to be not only a corrective of the liver, but a food for the system, as well, and is of great benefit for weak stomach and bowels. The dose is usually a teaspoonful of the oil, to be taken a half hour before breakfast and a half hour after supper. The oil may be freely used on vegetables and in salads, as it is harmless. Its use may be continued for years, and in assisting the liver to do its work (it is in most cases mildly cathartic), the complexion is cleared of the ugly brown spots and leathery yellow appearance due to torpidity of the liver. It is not expensive; a quality of native-grown oil can be had of the grocer for 20 to 50 cents per bottle French measure (which is less than the American), but the best imported is to be had of the druggist, costing for a full pint about 75 cents. The taste is not unpleasant, although a liking for it has, in most instances, to be acquired. But very few effective medicines are really fine-flavored. Many physicians strongly recommend its

uses both internal and external. It is excellent to use after the bath, and many delicate persons—especially children, are greatly benefited by being massaged with it.

Water as a Medicine

We are told that not one person in a hundred drinks water enough to keep the system in a healthy condition; a sluggish circulation and torpidity of the liver, due to lack of liquids in the blood, will bring disfiguring blemishes, dark, puffy places under the eyes, and make one look haggard and old before their time. What the external bath does for the cuticle, the internal bath does for the sewerage of the body, and, while massage and electric treatment are good, the main work of beautifying and building up the health must be done by flushing the clogged sewers of the body, relieving the canals of the poisonous waste of dead tissues. Kidney troubles bring the puffy look, and one of the finest remedies for kidney troubles is copious water-drinking. Sip the water slowly, and do not have it too cold. A pint may be taken on rising in the morning, before breakfast, and even more will not hurt; but no water should be drank for at least two hours after meals, giving the stomach time to digest its contents. A person with a small stomach can not drink as much water at one time as one with a larger one, but as the glands absorb the water, carrying it into the system, more can be taken, and this should be kept up at short intervals until half an hour before the next meal. On going to bed, the last thing to do is to drink more water. Several quarts a day, and for some disorders, two or more gallons are recommended to be taken. It is not advisable to drink the water ice-cold, and many persons can not take it in quantities unless slightly warmed, while some disorders call for hot water to be drank freely. Many people find it more agreeable to drink it after it has stood several hours, as, there being no thirst to quench, it can be better taken as a food or medicine. As to raw or boiled water, it has been said that raw water is an aquarium, while boiled water is a cemetery, and the stomach will only have to choose between having the germs served up to it alive, or taking its chances of killing them by the stomach juices after swallowing. To be effective, water drinking should become a habit as no noticeable good will be evident from a few drinks, or scattered indulgences. The "drink habit" must become regular and prolonged, if good is to result—which it surely will.

Regular, daily exercise in the open air, nutritious, and not too much food, deep breathing, a quick bath of tepid salt water at least several times a week (every day would be better), sleep enough in a well ventilated room to thoroughly rest one, clothing suitable to the climate and weather, a determination to be well and keep well, with the cultivation of a cheerful, optimistic disposition—these are all necessary for the attainment and keeping of the health that means happiness, morality and beauty of form and face, harmony of body, soul and spirit.

"Where the Shoe Pinches"

The Ladies' Home Journal has this to say, on its editorial page: "Read about the experiences of folks who live on small incomes, and it is curious to study the different note in which the husband or wife will tell

the story. The man tells how pretty is his home; how well dressed are his children; how appetizing the table always looks, and how good is the food. There is a ring of pride, of satisfaction, of joyousness in the man's recital of the story. But when the wife tells the story the pride may be there, but the same note of joy is lacking. In her telling you feel the hand of the one who does it rather than the one who sees only the results. You seem to feel a little closer to the actual thing itself and what it costs—not in money so much as in labor—to do it. The difference lies in the fact that the husband sees the results; the wife achieves them. The man swells with pride as he speaks of her as the right kind of a wife, as the one woman in a thousand, and so on. But, with all his pride, with all the credit he is ready to give to her, and does give, the fact remains that the man has by far the better part of the bargain in the matter of living on a small income. Hard as he may work outside the home to bring the money in, his wife must work harder to spend the money wisely, keep within the income, and perhaps save something. We hear a great deal nowadays, of overworked men; but how little comparatively speaking, do we hear of overworked women in the home? Yet a woman has so much less to do with, physically, than has a man; the work of no man earning a small salary begins to be equal to the work of his wife to make that salary suffice. Where rigid economy has to be practiced, the heaviest burdens invariably come upon the wife. The shoe pinches there always the hardest.

Requested Recipes

Pressed Beef for Lunches.—Cook a cheap piece of beef by simmering slowly until very tender. Use as little water as will serve to cook it without burning, and cook the water away to the smallest amount possible when done. Chop the meat fine, or run it through a meat chopper; season with salt, pepper and a little sage and summer savory; mix well and pack in a deep dish and moisten with the liquor that remains in the kettle; set away to chill, when the liquor should harden into a jelly; cut in very thin slices for sandwiches.

Hot Tomales.—Boil chicken until very tender, remove bones and chop fine. To each pound of meat add one medium-sized tomato and one onion chopped fine; salt and pepper to taste moisten to the consistency of mush with the broth. Heat the remainder of the broth to boiling, and stir in corn meal to make a little stiffer than ordinary mush and cook thoroughly. Take nice, fresh corn husks, soak in warm water until soft; then spread a half-inch layer of mush on each husk, put a good spoonful of the meat mixture on the layer of mush, roll so the meat is covered by the mush, and all by the husk; turn in the ends and tie with twine and steam half an hour. Serve in the husk. Nice tomales may be made in the same way with nice fresh beef or pork, the neck of beef and the shoulder of pork being the best.

Sausage.—For 100 pounds meat take two pounds of salt, ten ounces black pepper, five ounces sugar, and two large teacupfuls of powdered sage. Sprinkle evenly through the meat and grind all together.

To Keep Beef for Winter Use.—For 100 pounds of beef take four pounds salt, two ounces saltpeter; melt in enough water to cover beef, which

should be closely packed in a barrel, keep under brine, and keep in cool, airy place. This makes it just salt enough to cook.

Dry Sugar Cure for Pork.—For 400 pounds meat take two and one-half pounds sugar, three-quarters of a pound of black pepper, three-quarters of a pound saltpeter, seven quarts salt. Dissolve the saltpeter in a pint of hot water, then place the ingredients in a vessel and mix thoroughly. Rub the meat thoroughly with this mixture. Lay the pieces on a plank so they will not touch. Leave fifteen days where it will not freeze, then hang and smoke.

Citron Melon, to Preserve

A. M. H.—Pare the citrons and cut into strips the length of the melon; take out all seeds; weigh, and to each pound of the fruit allow a pound of white sugar. Make a syrup of, say five pounds of sugar and half a pint of water, simmering gently, for twenty minutes, stirring until the sugar is dissolved. Then put in the citron and boil gently for one hour, or until tender, but not soft. Before taking off the fire, put in two lemons, sliced very thin (seeds removed), and two ounces of root ginger. Do not let them boil long after the lemon and ginger are put in, and do not still while boiling. Or,

Boil the citron in water until it is clear and soft enough to be easily pierced with a broom straw; take out, make a nice syrup of sugar and a little water (allowing one pound of sugar to each pound of fruit, and about half a pint of water to five pounds of sugar) boil about twenty minutes, then put in the citron, and boil until the syrup has thoroughly penetrated it. Take out the fruit and spread on dishes and dry slowly, sprinkling with powdered sugar several times, and turning until it is dried enough. Pack in jars or boxes with sugar between layers. Must be kept in a cool, dry place.

Preserves made by the first recipe must be bottled and sealed.

Men's Ties

The correct dress tie is a string tie, either in silk, or in linen, and either black or white. For business and for afternoon wear, there are handsome broad ties of silk, in pongee, in English novelty goods and American mixed stuffs. Many of these are figured, and the prettiest show a little red, or a little purple with a background of a richer, darker shade. The four-fold scarf and the Ascot lead, with the wide tie called an English square coming a close third. The four-in-hand is worn this fall with the scarf-pin placed right in the center and as low down as possible. As for scarf pins, if you like novelties, select a peacock pin, for peacock colors are to be worn wherever possible. There are exquisite peacock eyes, mounted in gold and worn as pins, and there are handsome cabochon emeralds, and stones that look like emeralds, but are classed among mock gems, and are exceedingly pretty for fall wear. The latest cuff button shows a monogram.

Fashion Notes

The plain, untrimmed shirt waist still holds its own; it is always in demand for the simpler materials and general morning wear.

The lingerie blouse is one of the smartest models, dainty and charming, and will be worn all season. Soft woolsens and silks that shir effectively are, above all, becoming to slim fig-

BETTER THAN SPANKING

Spanking does not cure children of bad wetting. If it did there would be few children that would do it. There is a constitutional cause for this. Mrs. M. Summers, Box 118, 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.