

The Home Department

Conducted by Helen Watts McKee

THE DAWN IS COME

(By Roland F. Eberhart.)

The Dawn is come; the skies grow bright,
And stealthily dissolves the Night,
While from the uplands, clear and free
Sings out the sweet-voiced reveille,
"Awake ye nations and unite!

Tear down your gods of Force and Might
Disdaining ways of Truth and Right;
Prepare for Day that is to be!
For Dawn is come!"

Lo! Stronger grows the Morn's first light;
It smiles with Peace, and Mars takes flight;
Soon Love shall reign from sea to sea
In justice and tranquility,
And not for aye shall warfare blight,
For Dawn is come!"

Just to Remind You

If you really are interested in "cutting the high cost of living," and have a few feet of ground that can be used for growing things, it would be well to begin preparations for using the ground, as well as deciding what you are going to grow. If you are a renter, or a flat-dweller, you can have but the easiest grown things, for you know not what a day may bring forth; and besides, your backyard soil is usually of the poorest. If you are so fortunate as to live in a cottage, with a space of ground all to yourself, you should see that the ground is well covered with manure as early as possible, if you neglected it last fall; the manure should be as well rotted as possible for the finer garden vegetables. Spade up the garden as soon as the ground is dry enough not to "clod,"

WANTED TO KNOW

The Truth About Grape-Nuts Food.

It doesn't matter so much what you hear about a thing, it's what you know that counts. And correct knowledge is most likely to come from personal experience.

"About a year ago," writes a New York man, "I was bothered by indigestion, especially during the forenoon. I tried several remedies without any permanent improvement.

"My breakfast usually consisted of oatmeal, steak or chops, bread, coffee and some fruit.

"Heard so much about Grape-Nuts, I concluded to give it a trial and find out if all I had heard of it was true.

"So I began with Grape-Nuts and cream, soft boiled eggs, toast, a cup of Postum and some fruit. Before the end of the first week I was rid of the acidity of the stomach and felt much relieved.

"By the end of the second week all traces of indigestion had disappeared and I was in first rate health once more. Before beginning this course of diet, I never had any appetite for lunch, but now I can enjoy the meal at noon time."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

and several spadings and rakings will not hurt, for the soil should be light and well pulverized. You cannot have even a bed of lettuce or radishes without some cost of time and labor to have the soil in the best possible tilth. If the ground is rich enough, you can grow several quickly maturing crops, such as radishes and lettuce to begin with, followed by others. Your seedsman will tell you what can be grown in succession, and if you give the pocket-handkerchief garden a fair chance, with good soil well stirred, kept free from weeds and grass, and use good seeds, you will grow in wisdom as well as pocket-book, from the start. If you own the ground, one thing you certainly should have is a kitchen-herb bed—the flavoring herbs so hard to get fresh and well grown just when you want them. Many vegetables are used for seasoning, and flavorers. A few of each of these will take up but a small space. Onions, carrots, turnips, celery, chives, garlic, leeks, parsley, chervil, thyme, sage, summer savory will all grow in sufficient quantity as flavors, in a small space of ground. The flavoring herbs should be added but a little while before serving, as long cooking brings out a strong, disagreeable flavor not wanted.

Boys and Girls Clubs

I wonder what our boys and girls are doing this spring. Planning, I hope, for the coming year. I know that quite a few of them belong to the various agricultural clubs, and many of them are doing good work. But I am afraid some of them are hesitating, because they are not quite sure, or have not the courage to get in line. If you do not know what to do, just write to the department of agriculture for the bulletins and literature, and ask your agricultural editor where you can get further information. You will have to get to work very soon, now, as the opening of the spring is but a short while away.

How many boys and girls are planning to raise popcorn, even for their own home use? Do you know there is a farmers' bulletin (No. 554) entitled "Popcorn for Market," which you can have for the asking, and it will set you to thinking. Just write to your senator, or congressman, or to the department of agriculture, and ask that it be sent to you. Do you know what city boys and girls pay for a pound of popcorn? It will astonish you, and so often the popcorn is not to be had.

Starting the Rose Bed

Spring is the time to start your rose bed, and by the time you get your rose list made out, it will be time to prepare the ground. Be sure to order of a reliable firm from whom you will receive the plants, "true to name," which you select. If you have received and studied the catalogues, as I recommended, you will know considerable about the work to be done; but you can hardly know too much. If you are not sure what you want, write to the rose-grower, and tell him the conditions you have to offer—locality as to sun and drainage of the ground, and, if you can find out what kind of soil you have, tell him that. Rose plants must have sunshine and air; they will not do well in constant shadow. Have your ground spaded up deeply, and plenty of well rotted manure

spaded into the soil; cow manure is the best for roses. The soil should have some clay in it, but it must not be heavy, sticky clay; a little sand, and plenty of rotted manure is necessary. If you can, remove the soil and put into the bottom of the bed—about a foot below the surface—a lot of broken-up bones from the butcher-shop. Roses will grow without the bone-filling, but they will last longer with it. Give the roots plenty of room, and when you go to set them, hold them in one hand and sprinkle the loose soil through the fingers until the roots are well covered and the plant steady. When you have the earth filled well around the roots, press it down firmly. Follow the directions for planting given in the catalogue, and if you want immediate bloom, you must get the two-year-old plants; if you can wait for large quantities of bloom, get the year-old plants that will give you enough rose-blooms so you will know what you have, the first year, but will give an abundance the second year. You must make ready to fight the insect pests, for the rose hardly gets its growing started until there are plenty of enemies ready to ruin it. Get a good floral magazine and read and study it.

Our Recipe Book

Tripe can be had in large towns and especially in cities. This is recommended: Cut into small pieces one pound of honeycomb tripe; add one large green pepper, or two small ones, finely shredded, and three thinly-sliced onions. Then add one can of tomatoes and stir the mixture well. Put the mixture into a covered jar and cook by setting the jar in a saucepan with plenty of boiling water to come well up on the jar. A double boiler would be better. If cooked in a saucepan, there is danger of scorching at a little neglect. When nearly done, add a little salt—to taste. It will require at least two hours cooking and longer will improve it. It is best to cook only this amount at first though many people are very fond of tripe.

Horse Radish Sauce—Four tablespoonfuls of grated horseradish, one teaspoonful each of sugar and salt, half teaspoonful of white pepper, two teaspoonfuls of ground mustard and vinegar to make the consistency of cream. If liked, and the sauce to be used at once add four tablespoonfuls thick, sour cream, and beat well all together to blend.

Maple Sugar Squares—Boil together one pound of soft maple sugar, three-fourths cup of thin cream and one cup of boiling water until, with the usual testing of dropping in cold water and rolling between the thumb and finger, it will form a soft ball; then remove from the fire, beat until of a creamy consistency, add one cup of nut meats, chopped or rolled, stir all together and pour the mass onto a buttered plate; cool, mark into squares, and it is ready for eating.

Cheese Coffee Cake—To two eggs add one cup of buttermilk, four tablespoonfuls of lard, half a cup of sugar, three cups of flour with which has been sifted half teaspoonful of salt and one level teaspoon of soda; mix well together and pour in a small buttered tin. Have one cup of dry cottage cheese rubbed fine with a fork and spread this evenly over the cake. Rub together with the hands half cup of sugar, two tablespoonfuls

of flour and butter size of an egg. When crumbly and grainy, sprinkle this over the cheese and bake quickly.

Use of Oranges

Candied Orange Peel—Use thick-skinned, well-ripened oranges, as the skins are tender and meaty. Remove the peel by cutting in quarters and pulling out the pulp; then cut the quarters into strips lengthwise. Lay these in a granite pan, as many as you have, and cover with cold water; bring to a boil; as soon as it boils, drain, cover again with cold water, let boil five minutes, drain and cover again with cold water and let boil another five minutes and drain. This will remove the bitterness from the peel. Make a syrup of one teacupful of sugar to three tablespoonfuls of water, allowing these proportions for each five oranges. When the syrup boils up, add the peel and cook until the syrup is about all absorbed without burning, which will take about twenty minutes. Remove the peel from the pan and while hot, roll each piece in fine granulated sugar; lay each piece as it is sugared on paper in a pan, and set the pan in a warm (not hot) oven until dried. The pieces will keep nicely for several weeks if put in a cold, dry place.

Orange Marmalade—Choose large, juicy oranges with clear skins for this recipe, as the skins are a good part of the marmalade. Weigh the oranges and allow an equal amount of granulated sugar. Peel the oranges, or make a hole in one end and scoop out the pulp with a teaspoon, leaving the inner white skin. Remove every pip or seed; then throw the skins into a preserving kettle with a pint of water for each one-dozen oranges. Part of the inside of the orange will adhere to the skin, and should be boiled with the skins, then separated and drained, and the water used for boiling other parts. When the skins are tender enough to be pierced with a fork, strain off the liquid, remove the pith or stringy inside from the peel, lay the pieces of peel in folds and cut into slices about an inch long. Pour the pulp and juice and the water off the skins into the sugar, stir well, and let boil for half an hour longer, skimming as it boils to remove all impurities from the sugar. When the mixture is boiled down to the proper consistency, pour into glass tumblers and seal air-tight. These are old recipes and have stood the test of years.

"Figs Out of Thistles"

Do you know that many of the plants growing wild which have been looked upon as worse than useless, are now found to have a commercial value, and are becoming money-



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