



The Home Department

Conducted by
Helen Watts McKee

Doubt.

You say, but with no touch of scorn,
Sweet-heart, you, whose light-blue eyes
Are tender over drowning flies,
You tell me doubt is devil-born.

I know not: one indeed I knew
In many a subtle question versed,
Who touched a jarring lyre at first,
But ever strove to make it true:

Perplexed in faith, but pure in deeds,
At last he beat his music out.
There lives more faith in honest
doubt,
Believe me, than in half the creeds.

He fought his doubts and gathered
strength;
He would not make his judgment
blind;
He faced the specters of the mind
And laid them: thus he came at length

To find a stronger faith his own;
And power was with him in the
night,
Which makes the darkness and the
light,
And dwells not in the light alone,

But in the darkness and the cloud,
As over Sinai's peaks of old,
While Israel made their gods of
gold,
Although the trumpet blew so loud.
—Tennyson.

A Mother's Story.

A correspondent writes:
"If I could prepare manuscript for the press, I would like to tell you of a circumstance which so nearly robbed me of my own boy, who is strictly temperate, that I can never recall it without a shudder of horror. My Louis was learning the builder's trade; working with him was another lad of the same age—eighteen years old—whose name was Johnnie. Johnnie was a bright, industrious boy; a general favorite because of his willing obedience, pleasant ways and superior mechanical abilities. He was never known to touch liquor in any form. One day, one of the men being engaged in raising some heavy timbers to a point above his head by means of rope and pulley, called to my boy, who was the stronger of the two lads, to help him. The man had been drinking heavily, and was in no condition to be trusted with a boy's life, but my boy, being busy elsewhere, called for him to "take Johnnie."
Johnnie went brightly to the work, and the timber began to ascend. Had the man been sober, he would never have allowed the boy to take the position he did, so dangerously near the point to which, in case of accident, the timber would fall; but in his besotted condition he paid no attention to even his own danger, and just as the load was almost within the grasp of the man stationed above to receive it, the drunken creature, without a word of warning, let go of the rope, and the boy, unprepared for the additional strain, was lifted from the ground and swung directly under the great beam. There was a shout of horror, and a rush of feet to the rescue, but too late. A crash, a faint, gasping cry, and poor Johnnie was crushed to death—murdered! And whisky, means of the besotted fellow-workman, was his murderer!
That night my Louis came home with a scared look on his young face; but the other boy was carried home

to his distracted mother, a poor, broken, bleeding corpse.

From that day I have been intensely interested in the cause of prohibition; I have worked for it in every way I could, and I would willingly go out into the world and plead for the destruction of the liquor traffic, if only I could do any good."

In the great cities, such happenings are of frequent occurrence. Let us not regard anything, however small, as "folly," which tends to in the least encourage or discourage the awful evils of intemperance. It is all for or against. Let us be intensely against the saloon influence.

Sometimes the strife between Duty and her second cousin, Inclination, rages disastrously to the former, and Inclination holds the fort; then, encouraged in our rebellion against rigid rules by the victorious general, we begin to question the credentials of Madam Duty, and are ready enough to force her to show her indorsements. Sometimes it is a spurious claimant we follow, and our faithfulness becomes a mockery. We cannot always decide which is the true or what the false, but we should not always blindly follow, denying ourselves the right of investigation.

The Old Type.

There are thousands of clergymen in the land who preach in a general way upon the ethics of private life; but is there not a need in this age of a type of preacher after the order of the old Hebrew prophets? Whatever else we may think of those venerable persons, we must acknowledge their uniqueness in history—as bold denouncers of social wrongs and ever-ready defenders of the oppressed. They came with a single message—to hurl the invisible weapons of heaven's justice against the invisible forces of the world's injustice. They staked their authority, not on the "sheepskin" signature of some scholastic scribe, but rather on the message written by the finger of God on their consciences. They placed no titles before their names to distinguish them from the common folk. The injunction, "Be not called Rabbi," could not apply to them. They received their education in the school of toil and suffering. They had learned—what every preacher of righteousness should learn—that:

"The heart must bleed before it feels—

The soul be troubled before it heals."

The old prophets were preachers of social righteousness; they selected their themes from the vital issues of the age in which they lived; if there were no issues they made them; among others, they treated such subjects as private luxury, oppression of the poor, wage-slavery, land-monopoly, extortion, class-favoritism, indifference to the needs of the lowly, immorality in high places, political corruption, religious hypocrisy, license of evil, concentrated wealth, unholy alliance for gain (trusts), war, lawlessness, etc. In short, there was not a social or political evil of the day against which they did not speak. Yet they were not mere ranters; the ranter is always a destructionist; their mission was to "fulfill, not to destroy." It is needless to say they were not popular—at least with the "powers that be." When one of them entered a town, no newspaper an-

nounced the arrival of a "noted divine;" when they departed there was no "farewells" mixed with ice-cream—the atmosphere was generally too warm for such.

They were statesmen as well as preachers; patriots as well as orators; reformers as well as teachers; social agitators, as well as spiritual advisors. Is there not need of preachers of such type in this age? The questions that face the people of today are practically the same as those that faced the Hebrew people under the reign of their plutocratic kings. Would it not be well for young preachers to place under their pillows the religious speeches of the prophets?—Mind.

Ripened Meats.

People accustomed to fowl and other meats bought in the markets are apt to be disappointed in the quality of the chicken they raise themselves with great care and expectation. They find them not so tender and of less delicate flavor, and pleasant anticipation of rewards of country or suburban life are to this extent cruelly crushed. The principal reason is, that fresh meat—meat used immediately after the animal or fowl is killed—is tough and tasteless; it should be hung until the "rigor" has passed off; this softening of the flesh is due to a re-solution of myosin by acid that has developed during the hanging, and perhaps to a process of digestion caused by ferments contained in the muscles.

Caterers who appreciate the advantage of pleasing their customers do not serve them with recently slaughtered meats; epicures prefer that all meats, especially fowl and game, be kept as long as possible without becoming tainted. One should place the meats in a suitable refrigerator and ripen it before cooking; an old fowl well ripened is a daintier morsel than the finest chicken just slain.

A very potent reason why western-dressed beef is preferred above domestic meats is that it is more thoroughly ripened; our local butchers do not provide themselves with the means of perfecting their meats be-

Question Box.

The conductor of the Home Department will be glad to answer questions concerning matters of interest to Housekeepers. Make your questions as brief as possible and address all communications to "Home Department, The Commoner, Lincoln, Nebr."

fore putting them into the retail markets, while the others come to them already much improved by time; meats sold the same day it is slaughtered is unfit for food for any but savages.

A great many housekeepers—especially in the country—kill their fowls with only just time for a hurried dressing before they are hurried into the pot or pan, and when they are served, wonder why they are so poorly-flavored, when they have been so carefully fattened and cooked. At

"butchering time," too, the animal heat is hardly out of the carcass until the "trimmings" are prepared for the table. If one must use the recently slaughtered meats, the ripening process may be approximated by brushing the fresh meat with a mixture of oil and vinegar and allowing it to stand for twenty-four hours; two tablespoonfuls of strong vinegar and one of melted butter is a good proportion; brush this over the newly-cut steaks and roasts, and immediately set them away in a cold place.

Do not wash fresh meats unless necessary, and then hurry them through the water as quickly as possible; the water will extract the juices; in most instances careful wiping with a clean, dry cloth will answer. Frozen meats should be put in very cold water to draw out the frost, and cooked immediately on thawing, or it will lose its flavor.

About Meats.

Always put fresh meats in boiling water to conserve its juices; let boil hard for a few moments, then cook over a slow fire, gently simmering. Replenish any lack of water with boiling water; take the scum off as fast as it rises, and keep covered; do not add pepper and salt before cooking, as the salt draws out the juices and the pepper is apt to scorch on the surface, giving it a bad taste. Allow fifteen minutes boiling to every pound of fresh meat.

Salt meats should be put on in cold water, to extract the salt in cooking, and kept gently boiling. Allow twenty minutes to each pound of salt meat for boiling.

In roasting beef, put the skin side down first, that the heat may seal up the juices in the lean part; baste often and dredge twice with salt and flour, and when seared all over, turn the skin side up for the final basting and browning.

In frying meats it is best to be gen-

A CORKER**But Not Much of a Pastor**

There was an old clergyman in Central New York State some years ago who was a very powerful speaker but whose private life was by no means exemplary. Some of the more outspoken of his parishioners were in the habit of remonstrating with him regularly about this and his reply invariably was "Don't do as I do, do as I tell you to do."

It is so with a great many physicians. There are hundreds of medical men who fully understand the folly of drinking coffee and tea, who tell their patients not to drink either, yet who use one or the other themselves. But sometimes it knocks even the doctor out and he has to quit Old King Coffee. A physician of Wasioja, Minn., says: "I was a liberal user of coffee from my youth and my health broke down while at college in 1880, at 25 years of age, but I continued to use coffee until 1898 although I was nervous and suffered constantly from a condition known as diabetes insipidus, a condition that is well-known to be due to nervousness. My weight was below par and no diet or tonic medicines were sufficient to restore my vitality and strength.

"In 1898 I became suspicious of coffee and I broke off the habit by taking up Postum. Since that time my nerves have become strong and well and my weight has increased about 30 pounds. Well boiled it is a delicious, healthful drink, heavy with strength and muscle making qualities." Name furnished by Postum Co., Battle Creek, Mich.

Even if your physician does drink coffee, you had better do as he tells you to do. Give Postum a trial. That's the easy way to shake off coffee and get well and keep well.