



The Home Department

Conducted by
Helen Watts McKee

Haunted.

O, Muse, fold your delicate pinions;
My soul is so weary, to-night!
There seems to have fallen upon me
A chill and a withering blight.
I would I might write it—the story;
Yet strangely unnerved is my hand;
Bid Memory wake from her slumbers
And marshal her shadowy band.

For there, in the slow-dying embers,
A picture too plainly I trace;
And startlingly near me ariseth
A balefully beautiful face.
I, walling, recoil from the phantom—
Shrink back from its presence, in
fright;
I cower, and cry in my weakness—
A pitiful coward, to-night!

Yet, hear how my heart pleadeth for
her—
Still under the merciless spell!
Ah, once, in life's roseate morning,
I loved her bright beauty too well.
And under the spell of her magic,
I knelt, like a slave, to her hand;
Her wish was the law of my being—
Her gesture, or word, a command.

She wooed me with tender caresses;
With all of love's delicate art,
Till into her slender white fingers,
I laid my warm, quivering heart.
My wealth was an unspotted man-
hood—
Bold courage to dare and to do;
The strength of a noble ambition—
A love that was earnest and true.

O, dusky-eyed, tawny-haired vision,
My hopes were so wondrously
sweet!
How madly I poured the libation
Of life's precious wine at your feet!
How mockingly clear was your an-
swer!

You flung my crushed heart from
your hold;
You laughed at my passionate plead-
ings,
And bartered your beauty for gold.

Fade back into shadow, I pray you,
O, Circe, of manhood accursed!
And leave me, degraded, despairing;
Your slender hand dealt me its
worst

When, back to my heart, bleeding,
broken,
You drove the warm trust of my
youth,
And left me, adrift in Life's tempest,
Defrauded of faith and of truth!

I flung to the winds my aspiring;
I fought with the rabble for gold;
All honor and fame were forgotten—
Life's sweetness forevermore told.
And she—in the kingdom of Fashion
Had bartered her birthright for
show;

We each wear the Earth's royal pur-
ple—
Are flattered and envied, I know;

Yet, down in our hearts' deep re-
cesses,
Away from the World's mocking
sight,

We, both of us, crouching and fam-
ished,
Are poor, wretched beggars, to-
night.

We hunger for bread that's denied us;
Our Tantalus-thirst is in vain;
And there, in the chasm between us,
Lie manhood and womanhood—
slain!

But, somehow, I cannot but wonder,
When all our heart-achings are still,
When each shall have crossed the
dark river,
And read the Omnipotent will—

When, for us, the books shall be
opened,
And all our Earth-record be read—
If she will shrink back, crimson-
handed,
Or I, from the face of the dead!

An Excellent Laxative.

Make an infusion by steeping one ounce of senna in one pint of boiling water; select one pound of pum-pkin dried figs and, having placed them in a layer in an earthen dish, pour the well-steeped and strained senna tea over them. Place them in a moderate oven and allow them to remain until the liquid has been entirely absorbed by the fruit. Keep in a closed jar for use as required, one fig on retiring at night being a dose for an ordinary case of costiveness. A persistence in its use will bring excellent results in obstinate cases of constipation; it will effectually cleanse the system and dispel maladies arising from a clogged condition of the intestines. Prevention is better than cure, and with a proper attention to dietary habits there will be no need of scouring the bowels with cathartics, or powerful purgatives which leave the organs debilitated, giving rise to disorders which are well-nigh incurable. There are few ailments which, if taken in time, will not yield to proper hygienic treatment.

For Nose and Throat.

For sore throat, cold in the head, or bad breath, one should spray the throat and nose with a solution of salt water, a teaspoonful of salt to a pint of water. A solution of one part listerine to four parts water used with a sprayer, will clear the passages and keep them well. In spraying the nose, continue the spray until the solution runs down the throat, even if running from the nose at the same time. If the throat is very dry, liquid vaseline will relieve the soreness by healing it. Before using the vaseline, spray well with the salt water first, then use the oil. A solution of boracic acid, or borax, is cleansing and healing—one ounce of boracic acid, or borax, to one pint of water. Simple home remedies, such as these, if persisted in, will effect cures.

Spinach.

Have fresh as possible. Pick over, trim off the decayed leaves and roots, wash thoroughly, lifting from one pan of water into another that the sand may be left in the water, changing the water until it is clear. Put the spinach into a large kettle without water; place on the stove where it will heat slowly until the juice is drawn out, then let it boil until tender; drain and chop fine. For half a peck of spinach, add one large tablespoonful of butter, half a teaspoonful of salt, a dash of pepper, and sufficient cream to moisten it. If you have no cream, make a little thickening the same as for drawn butter. Heat the spinach again, then mold it in small cups and turn on a platter and grate the hard-boiled yolk of an egg over the whole and serve at once. Spinach is nearly all water, and less of the potash salts—its most valuable constituent—is lost when cooked in its own juices than when cooked in large quantities of water.

If any is left from dinner, take several hard-boiled eggs, and the remnant of spinach, chop thoroughly together, sprinkle with a little pepper;

put into a frying-pan a large tea-spoonful of butter, and when sufficiently hot, put in the mixture and fry nicely.

Spring Vegetables.

Peas and asparagus have a flavor of their own so delicate that only a little salt and good butter should be added to them. Onions, carrots and cauliflower, however, need a sauce.

A nice dressing for endive and lettuce salad is made in this wise: One tablespoonful of vinegar, three tablespoonfuls of olive oil, one-half teaspoonful of salt, one-fourth teaspoonful of black pepper; put the salt and pepper in a bowl, add gradually the oil, rub and mix until the salt is thoroughly dissolved, then add by degrees the vinegar, stirring continually for one minute, and serve at once.

For boiled asparagus, have it freshly picked, if possible; trim the tops, and scrape and peel the stalks, cut them into equal lengths, and tie in small bunches, separating the larger ones from the smaller; fasten them well with string. Boil the asparagus in plenty of salted water in a porcelain-lined vessel, plunging them into the boiling liquid, cover the vessel and cook slowly. As soon as they are done, drain them on a sieve and afterwards untie the bunches on a cloth and dress them symmetrically in a pyramid on a folded napkin; carefully reserve the handsomest ones for the top. Send to the table with them a hollandaise sauce, or else a vinaigrette sauce.

For parsnip stew, boil three lean slices of salt pork one and one-half hours; scrape five large parsnips and cut in slices and add to the pork; boil one-half hour; then add half as much sliced potato as you used of parsnips, and boil together until soft. No exact amount of water can be given, as some days water boils away faster than others, but begin with two quarts of cold water, and add more warm water if it becomes necessary, in order to have a cupful of liquid in the stew when ready to dish up.

For stewed salsify, scrape roots, crown and all; cut into inch-long pieces, and quarter them; throw them into boiling water that is properly salted, and boil until tender; drain off the water until only a gill is left in the sauce-pan, then add a large piece of butter, a teacupful of cream, salt, pepper and a little flour creamed smooth with butter. If there is a half gallon of salsify, you will use a half pound of butter, one large cup of cream, and a heaping teaspoonful of flour. After adding the seasoning, let come to a boil, then serve.

Query Box.

Laundress.—Tepid water, with a little powdered borax dissolved in it, should be used to wash red table linen; wash quickly, using little soap, rinse in tepid water; no bluing; dry in shade, and iron when nearly dry.

G. H. B.—For sticky fly-paper, try this: Heat together three and one-half ounces of raw linseed oil, one pound of resin and three and one-half ounces of molasses; mix thoroughly, and while warm spread on wrapping paper. Or: Boiled linseed oil, one fluid dram, resin, half pound; melt, and add a little honey; soak paper in strong alum water; dry, and apply the mixture.

S. W. B., Hamilton, O.—As you did not state the trouble with the brush,

I do not know how to advise you. Soda dissolved in cold water will cleanse the brush with little friction; it should be dried in the shade. Oftentimes a thorough rubbing with dry bran, which can be shaken out readily, will take out dust, lint, etc.

R. C. L.—For home-made crackers, take two quarts of flour, teaspoonful of salt, cupful of butter; rub all well together with the hands, and wet with cold water sufficient to hold it together; beat well, adding flour as you beat, to make it quite hard and brittle; roll very thin, cut in shapes to suit, prick with a table-fork, and bake in a slow oven until quite done. For sweet crackers, flour, four pounds, fine granulated sugar and butter, of each half a pound, water, one and one-half pints. Bake as above.

Mabel.—To "nest" wool for making knit or crocheted articles, have some one hold the skein on the hands as for winding; have a large silk handkerchief or napkin on your lap, and, as you unwind the wool from the skein, let it drop into a loose heap onto the center of the napkin; press it down from time to time with your hand, and when you have finished a skein or half a skein, as you choose, keep it carefully folded in the napkin when not using it, and put it away where it will not be disturbed. When in use, simply open the napkin and crochet from it. It will unwind with perfect smoothness, if the nest has not been tumbled about. This will make your work close and fleecy.

Gertrude.—To clean a light blue silk yoke, detach it from the dress, and "dabble" it up and down in a strong suds made of soft water and Grandpa's Wonder Soap, until clean; do not rub. Rinse well in clear water, partly dry and press carefully. This will not injure the color or the fabric. Another method, preferred by some, is to wash it in gasoline, as you would in water; this will quickly and easily remove the soil, and the color and fabric will not be affected. When using gasoline, use the utmost care to

BUILT OVER

Food That Rebuilt a Man's Body and Built It Right

By food alone, with a knowledge of what food to use, disease can be warded off and health maintained, also many even chronic diseases can be cured. It is manifestly best and safest to depend upon food to cure rather than too much drugging.

A case in point will illustrate. A well known man of Reading, Pa., Treas. of a certain club there, says: "I have never written a testimonial letter, but I have been using Grape-Nuts about a year and have recovered my health, and feel that I would like to write you about it for the case is extraordinary.

"For five years I was a sufferer from a dreadful condition of the bowels; the trouble was most obscure." Here follows a detailed description and the condition certainly was distressing enough (details can be given by mail).

"Nothing in the way of treatment of drugs benefited me in the least and an operation was seriously considered. In May, 1901, I commenced using Grape-Nuts as a food and with no idea that it would in any way help my condition. In two or three weeks time I noticed an improvement and there was a steady gain from that time on until now I am practically well. I don't know how to explain the healing value of the food but for some reason, although it has taken nearly a year, I have recovered my health and the change is entirely attributable to Grape-Nuts food, for I long ago quit medicine. I eat only Grape-Nuts for breakfast and luncheon, but at my night dinner I have an assorted meal." Name furnished by Postum Co., Battle Creek, Mich.