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If you lack vim, vigor, vitality.
If something is eating away your constitution

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JUDSON A. TOLMAN COMPANY, Dept. W-34, 66 Lake Street, Chicago

The Home Department.

By HELEN WATTIS McVEY.

Thanksgiving Pie

Oh, greenly and fair, in the shade of the sun,
The vine of the gourd and the rich melon run,
And the rock and the tree and the cottage unfold
With broad leaves all green and with blossoms all gold,
Like that which o'er Nineveh's prophet once grew,
While he waited to see that his warning came true,
And longed for the storm-cloud, and listened in vain
For the rush of the whirlwind, and sheets of red-rain.

On the banks of the Kenil, the dark Spanish maiden
Comes up with the fruits of the tangled vine laden;
And the Creole of Cuba laughs out to behold
Through orange leaves shining, the rich spheres of gold;
But with dearer delight, from his home in the North,
On the fields of his harvest the Yankee looks forth,
Where crook-necks are coiling and yellow fruit shines
And the sun of the autumn melts down on his vines.

And, Oh, for Thanksgiving Day! From East and from West,
From North and from South, comes the pilgrim and guest;
When the gray-haired New Englander sees 'round his board
The old, broken links of affection restored;
When the care-wearied man seeks his mother once more,
And the worn matron smiles where the girl smiled before,
What moistens the lip, and what brightens the eye—
What calls back the past, like a rich pumpkin pie?

Oh, fruit, loved by boyhood, the old days recalling,
When wood-grapes were purpling and brown nuts were falling!
What wild, ugly faces we carved in its skin,
Glaring out through the dark from a candle within!
When we laughed 'round the corn-heap, with hearts all in tune,
Our chair, a broad pumpkin—our lantern, the moon,
Telling tales of the fairy who traveled like steam,
In a pumpkin-shell coach, with two rats for her team!

Then thanks for the pumpkin: none sweeter, or better
E'er smoked from an oven, or circled a platter;
Fairer hands never wrought at a pastry more fine,
Brighter eyes never watched over sweeter than thine.
And the prayer—which my mouth is too full to express—
Swells my heart, that thy shadow may never grow less;
That the days of thy lot may be lengthened below,
And the fame of thy worth, like a pumpkin-vine, grow;
And thy life be as sweet, and its last sunset sky
Golden-tinted and fair as thine own pumpkin pie.

—Whittier.

Thanksgiving Topics.

Into our preparations for the proper observance of our national feast-day, there enter many happy, generous thoughts, and we look forward with pleasing anticipations to the joy our

efforts shall bring to the scattered friends and loved ones whom we are thus bringing together at our home-board. Were it not for thoughts of the happiness we shall afford to our expected guests, how few of us would accept willingly the burden of many cares and much serving which a Thanksgiving feast necessarily entails upon us.

In the richness of the feast, the planning and preparation, and the excitement of serving, the tax upon our strength is, by the participants at least, mostly lost sight of, but to the overworked housekeeper—who is generally the wife or mother, the sense of utter weariness of both mind and body is often so keen as to bar her absolutely from any enjoyment of either the feast or the pleasure which follows. The joy of adding to the happiness of others makes the labor seem light, and we are more than willing to spend time and strength and money in order to bring it about. In the thought of giving pleasure to others, we find our own greatest pleasure. We cannot do one good deed, think one loving thought, which does not react upon ourselves.

A Thanksgiving dinner is hardly recognizable as such without certain time-honored dishes are set before our guests, yet the menu should be commensurate with the strength of the housekeeper and the means of providing. Turkey, roasted, steamed or baked, with one or more of the many appetizing dressings, seems indispensable, while chicken pie, pumpkin pie, oysters and cranberries follow as close seconds. A dinner of a few courses, perfectly cooked and daintily served, is usually more enjoyable than a more elaborate menu with an exhausted mother who cannot, from sheer exhaustion, partake of the food after it is prepared.

Much of the cooking may, and should, be done several days beforehand, which will greatly lighten the labor in the closing hours. Soup and fish may both be dispensed with; the richly-browned turkey itself, being more pleasing as a first course. With the turkey, fried or scalloped oysters, jellies, sauces, pickles, celery and vegetables may be served; the chicken patties or pie may be placed on the table at the same time. Serving the dinner in "the good old style" will render the work of serving much lighter, and do away with many steps for the inevitably tired house-mother. A small table placed within reach of the mother's arm, on which may be placed extra dishes, and other things necessary to the serving, but not desired upon the dining table, may be made to save a great deal of work and subsequent fatigue.

Everything should be served with the daintiest regard to appearance. Fine dishes and fine table-napery, glittering glass or shining silver, though of course desirable, are not essentials to a well-cooked meal; but all the appointments of the dinner should be daintily fresh and clean; all serving should have due regard for keeping them so, and the observance of refined table manners on the part of the partakers will add much to the effectiveness of the feast. Children should be taught proper attention to these little niceties at table, and a few lessons might not be thrown away on the grown-ups. There should always be napkins, which need not be expensive. Soft, open-meshed material which will wash and clean easily, although nothing more expensive

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