

The Home Department

Conducted by
Helen Watts McKee

At Height 'O the Year

Now turns the year in his scarlet bed;
Now creeps the frost to the crimson tree;
Now smokes the fires of the Wander Tribe;
High in the woodland and low by the sea.

Now is the time for the dearest dream,
To press the hill-tops with nearing feet;

Now enter the heroes of Arcadie
With creaking wains on the narrow street.

Now lifts the heart to the fearless quest;
Now sings the blood to the surer tune;

Now wakes the soul from its summer sleep,
To climb to God in an afternoon.

Low in the valley the leaves are still—
Sodden gold in the stubble sear;
Over the woods the flags unfurl—
Flaring the pride of the turning year.

Low in the valley Doubt lies dead—
A shadow aslant the purple field—
Over the hill the quest is sped,
And Youth goes up with a crimson shield.

—Woman's Home Companion.

Home Chats

Many kind words of commendation have reached me through the mails, and I would gladly answer the writers with thanks for the encouragement, which is surely appreciated, but as this is impossible, I must thank you for all through the medium of the Home columns. I am anxious to please you, and to serve you, and the Home columns should be nothing if not helpful, in more avenues of service than one. Others have sent with their kind words suggestions which I shall gladly make use of, and still others ask for information which will be forthcoming in season. Some have sent in excellent recipes, but entirely unsuited for

this time of year, and as no names were sent with them, I shall have to keep them until the time comes around again, and at the proper season give them to our readers, thanking the unknown senders.

I must again ask our friends to send, with any communication they may offer, their real names and addresses, for in many cases a personal letter may be required. Please do not forget, friends, I should like the address of Mrs. E. S. Williams, of St. Louis, Mo. Will she please send it? Also of Effie S., of Salisbury, Mo.

For the Hands

It is wiser to prevent the hands from being chapped than to heal them after the mischief is done. Every housekeeper should have at hand a little bag filled with powdered starch, which she should dust on her hands as often as they are wet, especially if not going to wet them again immediately, as housekeepers sometimes have to do. A bottle containing one part of pure glycerine and three parts rosewater should be kept on the wash stand and applied to the hands as soon as they are washed and dried, by every member of the family, and especially at night. Men who work in the field will find great help from rubbing vinegar into the hands immediately after washing, as this acid will kill the alkali in the soap. vinegar is very healing, and if combined with corn meal, will keep the hands in good shape and prevent chapping.

The Home Garden

While looking over the Florist's catalogue and planning for your bulbs and perennial flowering plants, do not lose sight of the other side of the subject—the garden for the kitchen. Prepare a nice bed and sow lettuce seeds, and do it now. The plants will come up thick next spring, as soon as the frost is out of the ground, and by the time the ground is ready for transplanting you will have abundance of nice lettuce plants and plenty of early salad.

Don't forget to set the rhubarb roots, and if you already have a row of plants, see if they need separating and resetting. Put plenty of old, thoroughly rotten manure in the trenches, and don't forget to put a generous covering of littery manures over the soil where you have put the divided roots.

Another good thing to have in the family is a sage bed. It may be set this fall, and then you will be sure of it, for if you wait until the hurry of springtime you will neglect it. Garden herbs are very handy things to have, and may as well be had as not.

Do not forget to plant a few gooseberry plants of the improved kinds, and whether you live in the city or country, try to have a "fruit garden," if it only consists of one or two plants of a kind. Wherever a weed will grow, one can grow something useful, but before it grows, it must be given a chance to do so. The home should have plenty of fruits, vegetables and flowers, but every one of these calls for some work.

Gathering Up the Fragments

The coming of the cool days brings with it heartier appetites and calls for stronger foods, and it requires

great care on the part of the housewife to suit the quantity of food cooked to the appetite to be catered to. Despite the utmost care, however, there will often be "left-overs," and the constant cry of the economical cook is for suggestions and recipes relating to the best ways of using up these small amounts which one does not like to throw away, but which are yet too small in amount to use satisfactorily by themselves.

In order to most economically use up all the little odds and ends of the pantry and the larder, there are several mechanical devices which every woman should have. The cost of each is but small, and they may be added to the kitchen conveniences as one may have the means to spare, but they should certainly be added, even at sacrifice in some other way. Saving in the kitchen may not mean dollars and cents actually in hand, but it may mean, and generally does, a saving in health and strength to the woman who does the work. Doctors' bills are dearer than kitchen equipments, and of far less value to the family, while even the family must suffer if the food is not nourishing and palatable.

In this hurley-burley age, a quickly prepared breakfast is almost a necessity, and in order to get the meal up in short order, nothing is more helpful than the little meat choppers by which the meats and vegetables are so prepared as to be readily available for the "hurry order" of the average members of the family. Odds and ends of the last night's supper or yesterday's dinner may be made into delicious croquettes, souffles, hashes or sandwiches by being run through the little chopper singly or in judicious mixtures. These little choppers may be had of any large department store in the city, if it cannot be furnished by your own merchant, and it will pay for itself many times over in a short while. The usual price of the family size is \$1.25. Meats, vegetables and fruits are readily minced, finer or coarser, as one may wish.

Coffee is much better ground at home, even though bought ready browned, as ground coffee readily parts with its strength and flavor. In addition to the coffee grinder one should have another mill for spices, as spices should never be ground in the mill used for coffee. Cherry stoners, raisin or grape-seeders, apple parers and corers, fruit and jelly presses, slaw cutters, graters, vegetable mashers, egg-separators, potato peelers, can-openers, are but a few of these necessities which so greatly facilitate the work of the housewife.

Suggestions For Left-Overs

Odds and ends of fish, boiled, baked or fried, lend themselves readily to "made-over" dishes. Ordinarily an acid sauce is most acceptable, as the juices of fishes are alkaline, especially the oily fishes, such as salmon, sardines, blue fish, etc. White-fleshed fish and most of the shell fishes may be acceptably served with cream sauces.

In preparing left-overs of meats—fish, flesh or fowl—do not recook. Merely rewarming is all that is necessary. The sauces should be made first, and the meats added, heating only so much as to thoroughly heat and season. It is better to use a double boiler, and reheat by boiling water in the outer kettle.

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For lamb or mutton, a little acid, such as chopped pickle or olive, or a little capers, should be added to the sauce in which they are heated. Veal, chicken or turkey are usually reheated in white sauce, while lamb, mutton, beef and game should be served in brown sauce. Game should be reheated in a brown sauce, to which currant or other acid jellies, and in some cases spices and condiments have been added.

Turkey carcass and any dressing that may be left from dinner may be stewed for several hours, the water strained and returned to the kettle, and to this may be added any scraps of the meat, chopped very finely, together with cold cooked rice and a few stalks of celery, allowed to boil half an hour, a tablespoonful of butter and a cupful of cream added, seasoned and served as an excellent soup.

Scraps of beef, veal, mutton, turkey or chicken are all used for croquettes, while nearly all meats may be used in making salads. All kinds of vegetables may be judiciously mixed and made into appetizing salads, with the proper kinds of sauces, or they may be taken singly.

Sauces For Meats and Fishes

For sauces of whatever kind or amount, the proportions are a tablespoonful of butter and a tablespoonful of flour to every cup of liquid. For a white sauce the butter is melted and the flour blended with it without browning; for a brown sauce the butter is melted and browned, and the flour added and browned before the liquid is added. The flour should be put in all at once and stirred with a spoon until without lumps and well blended, and when the butter and flour is ready for the liquid it should be put in at once—not by degrees. Stir until thoroughly blended, but do not allow to boil more than possible. Boiling "curdles" the sauce. White, or cream sauces, or served with fish-fowl, veal croquettes, sweetbreads, vegetables and eggs; brown sauce is served with dark-colored meats, game, ham, cutlets, etc. These two sauces are the basis of nearly all kinds of sauces, which are made by adding different flavors, catsups, jellies, powders, pickles, spices or vegetables.

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