

methods of enriching meats which, otherwise, would be lacking in juiciness. For daubing (which takes much less time than to lard, and answers as well unless the appearance of the finished dish requires much consideration,) cut pieces of fat, salt pork into squares about one-third of an inch in size, and as long as the meat is thick; cut a slit through the meat with a narrow boning knife, force the strips of pork through to the opposite side; this will correct any dryness of the meat. For larding (which is usually applied to the breast of turkey or other game which is apt to be rather dry, or to the tenderloin of beef, when roasted, or to liver; and it is also nice for some kinds of large fish,) take a piece of choice fat salt pork, clear, pinkish in color and having a close grain, and shave off the rind as thin as possible. Cut the meat in slices parallel with the rind, one-eighth to one-fourth inch thick, cut these slices into strips of the same width as the thickness of the slices, and lay them in as cool a place as possible until wanted for use. With a larding needle, which can be had for a few cents at any furnishing store, draw these strips into the meat, taking pains to evenly distribute the stitches over the surface, something as you would "knot" a comfort, until the surface is covered. A short, deep stitch gives the ends of the lardon an upright position, which is more ornamental than when they lie flat.

Roast Duck

In order to give the meat the proper flavor, the duck should be kept in a small pen for a few days and fed on barley meal or cracked wheat, and given plenty of clean fresh water. Small young ducks are better than a large, old one for roasting; the old ones are best for stews, salmi or braise. Clean and truss according to general directions, except that the feet should be scalded, cleaned and twisted across the back, while pinions and neck are entirely removed. Stuff, and skewer the wings close to the

A BRAIN WORKER

Must Have the Kind of Food That Nourishes Brain

"I am a literary man whose nervous energy is a great part of my stock in trade, and ordinarily I have little patience with breakfast foods and the extravagant claims made by them. But I can not withhold my acknowledgement of the debt that I owe to Grape-Nuts food.

"I discovered long ago that the very bulkiness of the ordinary diet was not calculated to give one a clear head, the power of sustained, accurate thinking. I always felt heavy and sluggish in mind as well as body after eating the ordinary meal, which diverted the blood from the brain to the digestive apparatus.

"I tried foods easy of digestion, but found them usually deficient in nutriment. I experimented with many breakfast foods and they, too, proved unsatisfactory, till I reached Grape-Nuts. And then the problem was solved.

"Grape-Nuts agreed with me perfectly from the beginning, satisfying my hunger and supplying the nutriment that so many other prepared foods lack.

"I had not been using it very long before I found that I was turning out an unusual quantity and quality of work. Continued use has demonstrated to my entire satisfaction that Grape-Nuts food contains all the elements needed by the brain and nervous system of the hard working public writer." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

side that the breast shall be made as plump as possible, and roast from thirty to forty-five minutes, basting often, and dredging with flour to give it a frothy appearance. For stuffing, a force meat made of one-half pound of veal, one-fourth pound of suet, a little parsley, chives, and plenty of mushrooms; salt and pepper to taste; make into a paste with two well beaten eggs and sufficient water. Fill the inside of the duck before roasting. Serve with brown gravy and apple sauce, or with stewed chestnuts prepared with the gravy from the duck. Ducks should always be well cooked. They are sometimes stuffed with apples, pared, cored and cut into quarters, or with a few small onions; neither apples nor onions are to be served. If a stuffing is to be eaten, cover dry pieces of bread with boiling water; when soft, press out the water and season with salt, pepper, melted butter and finely chopped onion.

Comfortable clothing need not be expensive; warm knit underwear is so cheap that it hardly pays to make undergarments at home. If woolen can not be worn, or if too high-priced, the fleeced-lined, in all weights, may be had. Buy heavy cotton stockings, and if they wear out at the knees, (which, of course, they will), provide leggings made of strong cloth, either buying up ready made, or making them at home, and have them button all the way up. It is not alone children who should wear leggings, but grown girls and women, and it would not hurt the men to wear them, if out in the snow or rain very much. Overshoes seem almost a "not-to-be-done-without," as nothing is so hard on shoes as snow and frozen ground. Suits for the little folks who still wear short pants, can be made from the least-worn parts of clothing discarded by their elders, or small remnants may be had very cheaply in all stores. Little mittens, too, may be made from scraps good for nothing else; make them to fit the little hands, so they will not rip, but do not put too much time on them. Drilling and canton flannel mittens and gloves for men can now be had for ten cents a pair, or \$1 per dozen. Leggings for the little ones may be made from discarded stockings or sock legs, with very little alteration, except a strap to fasten under the feet and an elastic in the top.

Query Box

H. K.—Perfumes are always permissible, but should be used sparingly.

I. M.—I do not know of any Catholic institution in which men and women are cared for together. Catholic institutions are celibate, and the sexes are cared for separately.

Mrs. J.—Pads made of batting, having powdered orris root, or other pleasant perfumes sprinkled between them, covered with cheese cloth and prettily finished with stitching are suitable presents.

Brownie.—To renovate the velvet, brush thoroughly to remove all dust, then hold it, wrong side down, over boiling water to raise the pile; after the pile is raised, pass the wrong side carefully over the surface of a hot flat iron until dry.

M. A.—No one can write a salable story with so poor a knowledge of language as you display. Limited opportunities for schooling is no excuse; you can educate yourself by careful study and reading. Begin with the spelling book and dictionary.

A. B.—The "soft, old look" you desire may be given the lace by dyeing it in tea—about a teaspoonful of tea to a quart of water, well steeped. If the lace comes out of the dye a shade too dark, boil it for a few minutes in water in which a pinch of baking soda has been dropped, until the right shade. Coffee may be used, but is apt to give too strong a color.

"Little Mother."—For the scraps of ribbon and silk, dye with any of the ten cent dyes, following directions printed on the envelope. The shade they take will depend on the color they were when put into the dye. By using a black dye, they will all come out black. Should be ironed, when nearly dry between two sheets of coarse brown wrapping paper.

S. N.—Soiled silk and satin may be washed in gasoline without injury to their color. When clean, rinse in clean gasoline, hang out until perfectly dry, then iron. Use the gasoline out of doors, away from any flame or fire. The used gasoline may be let stand in any closed vessel until the dirt is settled to the bottom, then drained off and used either for fuel, or for washing other colored goods. Must not be used for white goods.

Mrs. M.—The difference between noon and high noon is not generally understood. Legend has it that noon was originally three o'clock, and was the hour when the monks said their "nones," which is Latin for nine, and the "nones" were prayers said at the ninth hour. The monks were not allowed to eat their dinners until after nones, so they gradually said their prayers a little earlier, until they got to mid-day. Then "nones" became noon, and so did mid-day. High noon is still three o'clock, but is seldom heard of except in some church service.

A. M. M.—Cuffs and collars of white, washable material are worn over coats of color, and give an exceedingly dainty touch to the toilet. Pique linen, and embroidered material, as well as heavy laces, are favorite materials, and patterns for making them can be had of any paper pattern agency. Linen bands with braid, or embroidered muslins, or pique and braid or embroidery, or heavy laces are used on coats of heavy material, while finer laces, embroidered muslin, silks, etc., are used with the lighter materials. They are easily made, and would be very suitable for Christmas gifts.

Tessie.—Dip the brush in damp salt and brush your velvet thoroughly with that.

Marion.—For the gems, take two cupfuls of buttermilk, two cupfuls of rolled oats and a teaspoonful of salt; stir together in a mixing bowl and let stand over night. In the morning, dissolve two level teaspoonfuls of soda in one-fourth of a cupful of hot water and stir into the batter. Add a tablespoonful of sugar and one of melted butter or other shortening, and add enough whole wheat flour to make a stiff batter. Bake in gem pans twenty minutes.

Agave Americana

In many of our windows are seen little, carefully-tended, scrubby plants of the Century plant (American Agave), and now and then we hear of a large one, under good conditions and vigor, soil, climate and care, sending out a bloom stalk; but its blossoming is very rare. In its native habitat, under favorable conditions, it has been known to bloom when twelve to fifteen years of age; but this does not apply to pot or box-grown specimens. The usual span of pot-grown specimens is from thirty-five to forty-five years. When the plant blooms, it dies. The bloom stalk is perhaps twenty-five to fifty feet tall, and the branches (usually about twelve feet from the ground to start with, and from that reaching to the top) are decorated with corn-colored flowers, hanging in clusters like those of the begonia rubra. The flowers remain on the branches for a month, when they fall from the dying plant, and where they alight, hundreds of little new plants will spring up. When dying, the leaves of the parent plant swell enormously, then wither away,

and only the round, spike-like flower-stem, hardened to a stony consistency, remains. The Century plant is a native of Central America. In countries with a mild climate, such as southern France, Spain, Italy, and Algiers, it thrives in the open air. For house culture, it should be kept, during the winter in a moderate temperature, given but little water, but on the arrival of warm weather it should be liberally supplied and given good soil and plenty of sunshine.

House Care of Palms

There is not much danger of keeping a palm too wet if the pot has good drainage, and is not in too cold a room. When watering, it should be given water enough to wet the ball clear through, and this can only be done by standing the pot or box in a vessel of water, the water reaching nearly to the top of the pot or box, and leaving it there until the surface soil appears well wet. If the drainage of the pot is good, any excess of the water will quickly drain away, but if the drainage is poor, the soil will be apt to become soggy and cause the roots to be unhealthy or inactive. The pot should not be left in a jardiniere with an accumulation of water in it. If good drainage is afforded, the soil can be fully saturated and then left until it appears or feels dry, then soaked again. The temperature of the ordinary living room is about right for the palm, and it should have a good, strong light—not necessarily sunshine; the foliage should be often showered with clear, tepid water in order to remove the dust, or any insects, though a healthy palm is not often troubled by insects. If allowed to dry out too often, the tips of the leaves will turn brown. The best kinds for the window garden are the Kentias, Areca, Filifera and Latonia Borbonica, though many others will do equally as well if given the proper care.

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