



The Home Department

Conducted by
Helen West to H. West

"At Eventide"

High up, in my tower chamber,
I dwell from the world apart;
And the rose-flamed sunset glory
Lies warm on my lonely heart.
Beneath me, the roofs of the city
Shut down o'er the world's unrest,
While the beaten Day lies dying
On the Evening's crimsoned breast.

And up, from the depths of darkness
That shadow the streets below,
A low, hoarse murmur rises
The moan of a wordless woe.
The plaining of shackled thousands
That toil in the marts of trade,
With never a touch of sunshine
To brighten the cruel shade.

Made part of the ceaseless warfare,
Close-linked with the bootless
strife—

They never may flee the battle—
They never may choose their life.
Chained down to their round of
labor,
They give no thought to time;
Their dull eyes seldom lifted—
They know not how to climb!

When out through the throbbing
darkness

The lamplights fleck the gloom,
I watch them, bowed and burdened,
Like midgets streaming home,
And I turn to the fading splendor—
The stars shine, large and bright,
And Day, with her pale hands
folded,

Lies dead in the arms of Night.
October, 1907. —H. W. M.

Good Lighting

When I was a little girl, living in the primitive pioneer cabin of the far north, the light of our home was a tallow candle, and many weary hours have my idling fingers ached over the detested task of threading the moulds which were to be later filled by older hands. We were practically independent of any trusts in those days, for if we did not have, or could not get, the ball of wicking, narrow strips of twisted cotton cloth would answer. The tallow grew upon the wide-reaching hills in various forms, and was brought home to us by the herds of cattle which furnished meat for the family during the year, to be put into available form later. Often the light from the open fire place was far brighter than that of the candles, and they were set away for a darker season.

When the dear old father brought home the first "kerosene" lamp, we were considered a very fortunate family, and I think we were. It is (and I say is advisedly, for the same little lamp sits now on my bedroom dresser) a tiny little thing, the bowl holding little more than a large teacupful of oil, and I well remember that it would generally have to be refilled every evening before the reading hours were ended—for there were always printed pages in my father's home. Other, finer, larger, more available lamps came to us later, but through all our wanderings, we carried the little lamp, and when the dear father passed away, the lamp was given to me. "The boy" keeps a jealous eye

AN OLD AND WELL TRIED REMEDY
MRS. WINSLOW'S SOOTHING SYRUP for children
ething should always be used for children while
ething. It softens the gums, allays the pain, cures
ind colic and is the best remedy for diarrhoea.
Twenty-five cents a bottle.

on the little lamp, and says, "When you leave us, the lamp must come to me."

What has all this to do with good lighting? O, I had forgotten. But I was intending to say, one of the things that should be furnished to every family, even for the home of one room and one inmate, is plenty of good, clear, strong light, and the quality of the light will depend upon more than the vehicle conveying it. For those using gas or electricity, this is not written, but for the oil lamp, the housewife has much responsibility. The best oil, the cleanest wick, the best burner, and constant attention to keeping all in good order, are imperative.

Reading for the Family

Care should be taken that the literature put into the hands of the young should be of the best. It is not enough that young people should read—the reading matter should be of the right kind. It is just as essential that the mental food should be nourishing as that the food for the body should be; that the reading matter shall not only be harmless, but that it be strengthening and broadening as well—more than mere words. If this is not looked after, the work of reading will be mere waste of energy. If every family would form a reading circle under their own home light, devoting if only half an hour each evening to the reading and intelligent discussion of some interesting page, the amount of information gained during the winter months would astonish them. Every family may be a little world within itself, if it will, and there is absolutely no excuse for ignorance in these days of almost "give-away" papers and magazines. We frequently see advertisements of combination subscriptions wherein are offered several publications for the price of one, and in these combinations are included papers and periodicals which would be an acquisition to any family. The majority of publications are educational along some lines. In the combinations offered with The Commoner are included many of the very best publications to be had for a very small amount additional, and the range of interests is wide. Reading may be made a very dull affair to the girl or boy, tired and sleepy from a hard day in the school or field; but by judicious selections, short readings and cheerful discussions, it may be made very attractive. School instruction may be largely supplemented by such readings, and where school facilities are limited, they will, in a great measure take its place, if properly selected and conducted. This is the business of the "purse bearer," and he should remember it when he goes to town. Good reading matter is a better investment than liquor or tobacco, or even cheap candy. Try it, won't you?

Preparations for Thanksgiving

Many things should be prepared several weeks before using, such as mincemeats, some kinds of cakes, relishes, sausages, etc., and as the Thanksgiving dinner will soon be on hand, preparations should not be delayed. Owing to the scarcity of fruits, and the high price of everything in the line of eatables, as with other lines, it is well to try to make

"much out of little." This can only be done by judicious selections, careful cooking and tasteful dishing, remembering the dinner of herbs where love is, is better than the full board and empty hearts.

If it is possible to have the feeding of the Thanksgiving bird in our own hands for several weeks before it is wanted, judicious feeding on such things as chopped cabbage, parsley, corn meal, rice, chopped celery, nut kernels of various kinds, will impart to the flesh a savory excellence not otherwise to be had. If one must rely upon the grocer, see that the bird is soft and clean, with layers of fat and light-colored or whitish flesh underneath; the eyes must be full and bright, the skin and joints of the feet soft and pliable, and the odor sweet and clean. There should be no green discoloration especially about the rump and vent, the skin should be thin, and not a superabundance of long hairs, for thick skin and long hairs denote the toughness of age, or of poverty of feeding. With some, a male bird is preferred, while others like the sweeter, more tender and whiter meat of the hen turkey. It is a matter of taste. If the bird gives forth the least unpleasant odor, reject it.

After the bird is cleaned, singed, drawn, the head and feet taken off, the skin scraped and wiped to remove all scales and dirt, it should be filled with any liked force-meat, the openings sewed up, and the carcass trussed to a plump, compact shape, and, if larding is desirable, attend to this, using the freshest and nicest fat salt pork strips, then roasted or steamed. There are many excellent "stuffing" recipes, any one of which may be used with good effect.

Some Cranberry Recipes

Cranberry Puffs—Sift together two cupfuls of flour, three teaspoonfuls of baking powder, and half a teaspoonful of salt. Rub one-fourth cupful of butter into the flour; beat two eggs to a froth, add a cupful of rich milk and stir into it the flour with two teacupfuls of cranberries. Fill buttered cups about half full and steam an hour. Serve with sweetened sauce.

Before cooking cranberries, be sure to pick them over and wash. To economize sugar in cooking them, put a quart of berries on in a half pint of water, cook slowly until done, then put through a sieve or fruit strainer, and then add the sugar. If the berries are to be kept whole, the sugar may be added, and the cooking must be done very slowly and carefully.

Cranberry Jelly—Cook one quart of berries in one pint of water, cooking very slowly until well done. Strain through a jelly bag, and return the juice to the sauce pan; add an equal quantity by weight of nice sugar and stir until dissolved, then let cook five minutes, add a tablespoonful of gelatin previously dissolved in a little cold water, pour into jelly molds and cool.

Cranberry Pyramid—Make a soft, rich biscuit dough with two cupfuls of flour, one tablespoonful of sugar, two teaspoonfuls of baking powder and a pinch of salt sifted together. Rub two tablespoonfuls of butter through the above and moisten with milk. Roll out half an inch thick, and cover with a large cupful of

finely chopped cranberries and a thick sprinkling of sugar; cut the dough into four circles varying from two to six inches in diameter. Place the largest one on a buttered plate, cover with the next size, and so on, to the smallest. Set in a steam cooker, (or in a steamer over boiling water, covering close), and cook three-quarters of an hour. Serve with sauce.

Pies

Pumpkin—Stew yellow pumpkin down until nearly dry. Then take four cupfuls of the stewed pumpkin, two quarts of milk, eight eggs, two cupfuls of white sugar, two teaspoonfuls of mixed ginger, mace and cinnamon, equal parts of each. Beat the yolks of the eggs light and stir into them the sugar; press the pumpkin through a colander and mix with the eggs and sugar, add the milk, spices and the whipped whites of the eggs. Line deep pie-plates with a good paste, sticking with a fork over the bottom that it may not puff up with the heat, and after stirring the pumpkin custard well, fill each crust, and bake in a moderate oven. Use only bottom crust.

Mince Meat—Take about two pounds of a good, juicy piece of lean meat, and boil the day before using until tender, after removing any gristle or tendon. Add half a pound of raw suet, and chop the cold meat, mixing twice the amount of good, juicy apples also chopped fine. Wash and dry two pounds of currants and add with them three pounds of seeded and chopped raisins, three quarts of cider, one pint of clear, strong coffee, one heaping teaspoonful each of ground cinnamon, nutmeg, and half a teaspoonful of ground cloves and mace, adding a little salt. Make as sweet as you wish with brown sugar. Mix all ingredients thoroughly, cover closely and set away, and in a couple of days it will be ready for use. Any juice from sweet pickle may be added, and will add to the flavor agreeably.

Answering "A Reader"—Peel one dozen large potatoes and boil until tender; pour off the water, shake the kettle and let the potatoes steam dry, then mash all lumps out of them; then add one large teaspoonful of salt, one tablespoonful of butter, and one pint of rich milk, or a little less rich cream. Beat with a strong spoon until very light and white—the more you beat it, the whiter and creamier it gets; dish up roughly with the spoon to keep light. Half this quantity may be used.

"Larding"

Larding is done with strips of sweet fat salt pork, that having a pinkish tinge is best. This will do away with the dryness so often found in the meat of the cooked breast. The stitch should be short and deep, in order that the ends of the larding strips may stand up from the breast, which gives it a better appearance.

Some Good Dressings

Large, fine chestnuts are used for chestnut dressing, and may be either boiled or roasted in order to remove the shell and skin—which is called "blanching" them. For boiling, the nuts should be put on (fifty is a good quantity) in salted boiling water and boiled for twenty minutes,



Invaluable to speakers and singers for clearing the voice. Absolutely harmless.