



The Home Department

Conducted by
Helen Watts McKee

The Old Man's Dream

I'm dreaming a dream this afternoon,
Of days accounted olden,
When laughter played a silver harp,
And youthful smiles were golden.
I'm dreaming a dream of the olden time,
When life was as smooth as a poet's rhyme;
When my feet were bare and my cheeks were brown,
And my heart was as light as the elder-down.

I'm dreaming again, this evening time,
Of her whose love grows stronger—
We're walking down the homestead lane,
While evening shades grow longer.
My daughters I see, and my little boys—
Those pledges of love that crowned our joys;
And the babe comes, too, and we all now meet,
And we kiss them oft. Oh, my dreams are sweet!

I'm dreaming no more, this lone midnight,
For footsteps give me warning
That soon I'll hear the string-latch raise,
And Angels say "Good morning."
I'm dreaming no more, this lone midnight,
For the embers give but a feeble light,
And I hear a step in the outer halls—
Good-night, good-night, for the angel calls.
Words by G. M. Ballard.
Music by J. P. Webster.
Published by request.

Reading in the Family

Books and periodicals should be plentiful in the home at this season of the year, and reading matter is now so cheap that it seems there is no excuse for its absence. But it is not always because of the subscription price that the house has few or none of such things. It is almost unthinkable that, in this day, there are people who never read! The habit has never been formed, and they do not miss what they never had. In some homes, the whole family sit about the hearth, or whatever heating apparatus may be used, sometimes in bored silence, sometimes quarrelling or "picking flaws," simply from having nothing besides with which to fill their minds, or they go to bed early, or slip off to the "corners," or other meeting places, simply because they are bored to death with each other. If parents would cultivate a taste for reading in their children at an early age, leading them from the child's paper up to advanced information, they would have far less trouble with them. Story papers are all very well, if the right kind of stories are read; but there are many historical works, biographies, letters of travel, as well as literature, dealing with the every day world, that are far more interesting and satisfying to the growing mind than the trashy fiction so many select. Reading aloud is one of the mediums through which to make home more pleasant. If the young folks are encouraged to give their views of the substance read, they will show a deeper interest. Do not be afraid to let the young folks se-

lect part of the reading; it will point out their tastes and tendencies very clearly. Do not make sport of what they choose; treat their choice with respect, and discuss the matter with them when the reading is over. Boys and girls are the future men and women of the world, and they should be treated with respectful and loving consideration even in their first years.

Health Notes

Beefsteak is taken as the working standard among the meats, as it is the most easily digested of all the foodstuffs. Under the heading of meats is included lamb, mutton, veal, and all kinds of fish, including shell forms, such as oysters, clams, lobsters, and crabs; poultry and game of all kinds.

In a lamp, the light from a kerosene burner properly shaded is the best. A green shade is preferable for work; some of the decorated shades are an abomination so far as causing eye-troubles is concerned. To use the eyes for reading by the light of a gas burner several feet away is very injurious; if one must use gas, the burner should be at a proper distance, with the flame protected, as the flicker is most trying to the eyes. A ground glass shade is recommended for an electric light; the unprotected incandescent lamp is apt to work much harm.

People who are up in years, and who suffer from chronic bronchitis, seem to get along remarkably well. Of course, the victims have to cough, and some of them cough very hard, but the cough gives the heart a jerk and sends the blood coursing through the veins and arteries, and this keeps up the circulation. An acute attack, however, is dangerous, as it may cut one off in a day or two; it is the chronic type that yields benefit.

One comfort is that, if rheumatism is in the system, it keeps other ills out; it makes a grand fighting force, and keeps most other enemies—especially those of the germ types, out of the system. The pains of rheumatism, no matter how severe, are seldom fatal, and one gets little sympathy for the suffering. If you wish to attain a ripe old age, you can not get along without rheumatism—it seems to be one of the must-haves.

Mending Tears in Gowns

For mending tears in all kinds of goods except cotton, place a piece of the goods under the rent; or, if you have none of the material, something as exactly matching it in weave and shade as possible, baste it smoothly in place on the wrong side, taking care that in weave and pattern it matches exactly, and darn it with ravelings of the goods or with very fine silk thread of the same shade. Make several rows of tiny, invisible stitches, and let the thread be loose. Then take out the basting threads, lay a damp cloth on the right side and press with a warm iron. Lustrous fabrics must be pressed on the wrong side to avoid the glaze which direct contact with the flat-iron usually produces. All loose ends of ravelings in the tear should be darned down, and when the cloth is pressed, any that are not caught should be carefully trimmed off.

Some Household Helps

Mud stains can usually be removed from silk if the spots are rubbed with

a bit of flannel, or, if stubborn, with a piece of linen, wet in alcohol.

Salt, dissolved in alcohol, will often remove grease spots from clothing.

If a faded cotton or linen dress is boiled in strong cream tartar water, it will become perfectly white.

Linen blinds can be cleaned by being laid flat and rubbed with powdered bath brick.

Oily water can be cleared by adding a few spoonfuls of corn meal and stirring vigorously.

Hot milk, used instead of water, will sometimes remove fruit stains even better than boiling water.

Two potatoes grated in a basin of warm water will give better results than soap in washing delicate flannels or woolen goods, ribbons and delicate colors.

A little thin cold starch, rubbed over windows and mirrors and then wiped off with a soft cloth, is an easy way to produce a good polish.

Five cents worth of orris root put in the ordinary wash water for lingerie will impart a delicate perfume to the clothes. This is also lasting.

A few drops of lavender put into a glass of boiling hot water will purify a sick room, and will also remove the smell of cooking.

Contributed Recipes

Virginia Corn Bread—Measure two cupfuls of water and set to boil; when it comes to a boil, stir into it one cupful of corn meal previously wet thoroughly with a scant teaspoonful of salt added; then stir in one tablespoonful of lard or butter, and keep stirring until the mixture is perfectly smooth. Take from the fire and let cool slightly, then stir into the mush one to three eggs, stirring rapidly so the eggs will not be cooked before well mixed in the mush. Pour this into a dish or shallow pan and set into a hot oven to cook. Or, the mixture may be made thick enough to drop from a spoon in the form of biscuits, and baked in a very hot oven. If baked in a pan, the bread may be dished out with a spoon, and should be well buttered.

Transparent Pudding—Beat the yolks of four eggs with a quarter of a pound of sugar and the same of butter, adding the white of one egg. Put some orange marmalade in the bottom of small pudding molds and pour the mixture over it. Bake about a quarter of an hour, or until the mixture is transparent.

Rhubarb—As rhubarb will soon be on the market, try this: Prepare the stalks by washing and cutting into inch bits, or smaller; put in a deep earthenware, or enameled dish, with plenty of sugar, adding no water, as the sugar will draw the juice out of the plant, and set in the oven; while cooking, stir in a teaspoonful of corn starch that has been rubbed up with a tablespoonful of butter, a cup of sugar and the yolk of two eggs. These proportions should make half a pint after cooking. Or the rhubarb and sugar with a little butter may be set in the oven and let cook until tender, without stirring, and it will be a pretty as well as appetizing dish.

Requested Recipes

Soft Gingerbread—Three cupfuls of flour, half a cupful of milk, half a cupful of lard, one and one-half cupfuls of molasses, one teaspoonful of soda, two eggs and one tablespoonful of ginger. Beat yolks of

eggs with the lard, then add milk, soda and molasses, then the ginger and flour. Beat the whites to a stiff froth and add carefully. Pour into a shallow pan and bake in a moderate oven for three-quarters of an hour.

Molasses Ginger Cake—One cupful of molasses, two tablespoonfuls of melted butter, one cupful of boiling water, one teaspoonful of soda, three cupfuls of flour, one tablespoonful of ginger. Dissolve the soda in boiling water, then add the molasses, stir a few seconds, then add the other ingredients, and beat until smooth; bake in a moderate oven about thirty minutes.

Ginger Cookies—Two eggs, one cup of molasses, one-half cup of butter or lard, two teaspoonfuls of soda dissolved in half a cup of hot water, one teaspoonful of ginger. Stir all well together and add flour enough to mix to roll soft.

For ginger cakes, always use New Orleans, or sugar-house molasses. Ginger bread or cake requires a moderate oven, but cookies or snaps require a quick one. Soda acts on the spirit of molasses. The board should be well floured, and the dough soft as it can be handled.

Query Box

M. M.—Brown eyes and a brown suit go well together. Black is a good choice if you are fair-haired, or red-haired.

L. S.—The smoked mica in the stove door can be cleaned by washing in vinegar. If very hard to remove, let lie in the vinegar a few minutes.

H. H.—Remove the stems from the raisins, pour boiling water over them, and let stand for five minutes; then drain, and roll each raisin between the thumb and finger and the seeds will slip out.

S. Q.—The yellow glazed surface on pastry is obtained by brushing it over with the yolk of an egg beaten with two tablespoonfuls of milk about ten minutes before it is taken

WHEN DINNER COMES

One Ought to Have a Good Appetite

A good appetite is the best sauce. It goes a long way toward helping in the digestive process, and that is absolutely essential to health and strength.

Many persons have found that Grape-Nuts food is not only nourishing but is a great appetizer. Even children like the taste of it and grow strong and rosy from its use.

It is especially the food to make a weak stomach strong and create an appetite for dinner.

"I am 57 years old," writes a Tennessee grandmother, "and have had a weak stomach from childhood. By great care as to my diet I enjoyed a reasonable degree of health, but never found anything to equal Grape-Nuts as a standby.

"When I have no appetite for breakfast and just eat to keep up my strength, I take 4 teaspoonfuls of Grape-Nuts with good rich milk, and when dinner comes I am hungry. While if I go without any breakfast I never feel like eating dinner. Grape-Nuts for breakfast seems to make a healthy appetite for dinner.

"My little 13-months-old grandson had been very sick with stomach trouble during the past summer, and finally we put him on Grape-Nuts. Now he is growing plump and well. When asked if he wants his nurse or Grape-Nuts, he brightens up and points to the cupboard. He was no trouble to wean at all—thanks to Grape-Nuts." Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.