



Which Are You?

The two kinds of people on earth I mean
Are the people who lift and the people who lean.

Wherever you go you will find the world's masses
Are always divided in just these two classes.

And oddly enough, you will find, too, I ween,
There is only one lifter to twenty who lean.

In which class are you? Are you easing the load
Of overtaxed lifters who toil down the road?

Or are you a leaner, who lets others bear
Your portion of labor and worry and care?

—Ella Wheeler Wilcox.

Floral

Keep an eye out for the insects that injure the plants grown in the garden. Of late years a black aphid has very much injured the chrysanthemum, ruining many plants in a short time. No one knows where he comes from, but a very little neglect will be sufficient for him to ruin your plants. As soon as you see the first sign of the insect, get some sulpho-tobacco soap from the florist or druggist, and prepare it according to directions on the package; spray your plants thoroughly with the solution, repeating as often as any of the insects appear; keep it up until no more trouble your plants. Get the preparation on every part of the leaves, the underside, and the stems, so as to reach every one of them.

Don't forget that this is the month in which to plan your hardy bulb bed; what and how many you will have, and where you will bed them; get the ground in readiness for them; send for the catalogues and study the kinds. The spring-blooming bulbs must be planted in the fall; those to bloom in the house must be potted in the autumn and set away in the dark to root. The latter part of October or first of November is quite late enough for the planting, but in the middle states September is only the preparatory month—too early for planting, but just the time to send in your orders.

Known by Their Company

It is an undisputed fact that a young man is known by the company he keeps. This is just as true of the young boy, for the company the boy seeks shows what the young man is very apt to be unless something should happen to turn him in another direction. It is not necessary that the company should be rich and finely dressed, or live in a fine house; because the boy that has to "shift for himself," and often for others, is many times the best of his kind, if he shifts the right way. A clean moraled boy, thoughtful and earnest and desiring to make the most of himself must not choose low, immoral or idle boys for companions. If you reach up, you will be able to climb.

The Evening Lamp

There are still localities where the lamp is lighted for the household

illumination, and even where gas or electricity is to be had, there are those who prefer, for one reason or another, the old-fashioned coal oil lamp. Keep the bowl filled, the wick well trimmed, the chimneys clean, and the burner bright. Attend to the lamps every morning when you do your dishes, and have them ready when wanted at dusk. Line upon line is none too much on the subject, as some housewives seem strangely careless of this potent home comfort.

Peanut Butter

Mrs. S. L. asks how to make peanut butter, and how to use it when made. It is to be used the same as cow's butter, for spreading bread, and is said to be very nutritious as well as palatable. In order to make the nut butter, one must have a mill for grinding the nuts, costing from four to twenty-five dollars, according to size and capacity. These mills can be used for grinding other nut kernels, coffee and vegetables. For five pounds of peanut butter take eight or nine pounds of roasted nuts, run them through with the mill opened wide so as to separate the halves of the nuts, after which run through a wind mill, or let fall several feet on a clean sheet in a strong wind to blow away the brown skins. Gather up the clean nuts, sprinkle fine salt on them and put them again through the mill with all the salt that will adhere, grinding fine; if one grinding does not reduce them enough, grind again. This will make a fine-grained, smooth, oily and delicious butter that should spread as easily as cow's butter. If the nuts are not oily enough of their own oil, a little of the best olive oil can be beat into the paste as it is used. Keep in a cold place.

For the Coming Cold

For the children's beds, get soft-fleeced outing flannel and make pillow slips; they are warmer and require less rubbing than muslin. For the children's night gowns, the old-fashioned canton flannel fleeced on one side, white, is far the best for the children, big or little—is warmer, wears longer and washes beautifully. For covers for the children's beds, get the cheap fleeced cotton blankets. Put a layer of cotton between, tie with knitting cotton, and you will find them cheaper, warmer and more satisfactory than if made of calico. All outing flannel should be washed in soft water and rinsed without bluing. It will keep soft and fleecy and warm.

Scents and Perfumes

If bits of sandalwood are kept in the drawers and other places with the clothing, its fragrance will penetrate and give everything a delightful odor. A bit of orris root may be boiled with the handkerchiefs and will give them a delightful perfume. The best orris root is the Florentine; it is not expensive, and used constantly in the laundry it gives everything it is boiled with an odor of sweet violets, and is more lasting than any extract or sachet powder.

For use with household linen, this is recommended, and all the ingredients can be had of the druggist: Twelve ounces of dried lavender flowers and the same of dried rose leaves; six ounces of ground orris root, an ounce and a half each

of ground allspice, cinnamon and cloves (the spices may be had of the grocer), mixed with twelve ounces of fine table salt and put into a glass fruit jar; leave for a month to blend odors perfectly; then let stand open an hour or two each day in a closet, or bureau drawer. The ingredients are ground, not pulverized, and must be of the best. The merest suspicion of musk may be added to these preparations; but the slightest bit too much will ruin the odor, as musk is so very strong. Only the most delicate odor is admissible if one is refined in tastes.

For the Laundry

If clothes are wanted extra stiff, dry the garment and then run through the starch, drying the second time. Flour starch is apt to give delicate or fine clothes a yellow tinge; for such, use a mixture of lump and gloss starch. If very fine and sheer, or small, the garment may be wrapped in a damp towel instead of sprinkling before ironing. In starching and ironing shirt waists, these rules for starching should be observed, and the sleeves ironed first, then the fronts, then the back and collar, and should be placed on a hanger to dry, rather than on a rack with other clothes, as the rack will prevent wrinkles.

Cuffs and collars should be dried over the stove, and will be stiffer than when put out in the sunlight to dry.

If a little borax is added to the starch, the starch will not stick when ironed, and the clothes will be glossy. Delicate colors may be preserved by using borax instead of soap for washing. Garments washed with borax will have a sweet, clean, fresh odor which nothing else will give. Printed directions are on packages of borax, and it is inexpensive; it can be bought very cheaply in five pound cartons.

A Substitute for Vegetables

It is claimed that rice has more than eighty-six per cent of pure value—more than wheat, oats, rye or meat, when taken bulk for bulk. It is particularly rich in the strength-giving values, is exceptionally good for food when properly cleaned and well washed, as it does not ferment readily. It is claimed to be most beneficial for neurasthenics and all that class of people who suffer from an over-acid condition of the stomach and blood. Its use as a food is highly recommended, though, of course, there are some who can not eat anything of the kind. It can be used in so many ways that in some form or other, it can be made to largely take the place of the potato, the supply of which vegetable is unusually scarce this season.

For the Cook

In preparing yeast bread, if the yeast used is of the cake variety put the cake in a cup half full of lukewarm water and add a tablespoonful of sugar; cover the cup with a plate, set in a warm place or in the sunshine, and the yeast will soon fill the cup. In its native element, the yeast plant thrives on sugar, and the bread will be more tender and delicious for cultivating the plant before using.

Old fashioned breads are not used as often as formerly, but if rightly

made are much finer than baker's bread. The trouble is not with the breads, but with the makers and bakers. Making good bread in the home is almost a lost art, and poor home-made bread is about the poorest eating one can have.

It is a generally recognized condition of affairs that the housewife can expect little help from other hands than her own, as household workers either are very inefficient, or not to be had except a prohibitive price is paid. The solution of the problem is to be found in using the many labor-saving contrivances which are now to be found on the market. The bread and cake mixers, the meat choppers, the fireless cookers, the self-heating flat-irons, washing machines run by power, and thousands of devices which should be accepted, as the sewing machine has been—as a necessity to all homes.

Egg and baking powder breads retain the moisture and become soggy when they get cold; so they should be eaten warm. Batters and doughs should be prepared quickly and the oven should be ready to receive them, for if allowed to remain standing, the breads will be dry and full of holes and coarse-grained.

For muffins and gems, the iron molds should be used, as the breads will thus have a crust on all sides while the center is soft. The molds must be heated hissing-hot before the batter is poured in, and no greasing is necessary, as the minute the dough touches the iron the crust is formed, which prevents it from adhering.

Some Good Recipes

Fruit dumplings are good and wholesome only when they are not allowed to be soggy and solid. Any preferred method of making the dough may be used. A good biscuit dough will answer. The dough should be rolled thin, and the filling should be put inside, the edges of the dough pinched tightly together, and the water in which it is to be cooked should be salted and boiling when the dumpling is dropped in; in this case they will swell at once and cook properly. Steaming is better than boiling, and if one has no regular steamer, a colander well covered and set over a pot of boiling water may be used; but baking the dumplings is a better way than either. The fruit should be peeled, cored or pitted, and quartered, and laid on the square of dough, the center filled to taste with sugar and a lump of butter, the edges pinched together and the dumplings laid in a dripping pan—not too close together. Set the pan in the oven and baste frequently with a mixture of butter, sugar and water, and keep cooking at a moderate heat until the fruit is done and the crust nicely browned. In some cases, it may be best to partly cook the fruit before putting in the dough. The sauce may be anything preferred, but if basted properly, the sauce that is in the pan is sufficient.

A reader asks for a recipe for making "Brown Betty." This is an apple pudding made with plenty of seasoning, using stale bread instead of dough for the one crust. Have your apples (tart) peeled, cored, chopped or thinly sliced; butter a bake pan, or pudding dish and put a layer of apples on the bottom, then sprinkle with cinnamon, nutmeg, or any preferred spice (allspice is good), and sugar, and dot with bits of butter; over this layer place another layer of apples and spices, and on top of this put a thick layer of sifted bread crumbs; or the bread may only be finely rolled. Cover the pudding tightly and steam for an hour, then uncover, set in the oven