

An Eastern Legend

An aged man came late to Abraham's tent;

The sky was dark, and all the plains were bare;

He asked for bread; his strength was well-night spent-

His haggard looks implored the tenderest care.

The food was brought. He sat with thankful eyes, But spake no grace, nor bowed

him toward the East; Safe sheltered here from dark and angry skies,

The bounteous table seemed a royal feast.

But ere his hand had touched the tempting fare, The patriarch rose, and, leaning on

his rod. "Stranger," he said, "dost thou not

bow in prayer? Dost thou not fear-dost thou not worship God?"

He answered "Nay." The patriarch sadly said:

"Thou hast my pity. Go; eat not my bread."

Another came that wild and fearful night,

The fierce winds raged and darker grew the sky; But all the tent was filled with

wond'rous light, And Abraham knew the Lord, his God was nigh.

"Where is the aged man," Presence said, "That asked for shelter from the

driving blast? Who made thee master of thy Master's bread?

What right hadst thou the wanderer forth to cast?"

"Forgive me, Lord," the patriarch answer made

With downcast look, with bowed and trembling knee; "Ah, me, the stranger might with

me have stayed, But, Lord, Dear Lord, he would

not worship Thee." "I've borne him long," God said, "and still I wait;

Couldst thou not lodge him, one night, in thy gate?" -Wallace Bruce.

The Spring Resurrection

March the first, with snow lying about in patches, and the mercury still hugging the freezing mark, there were hyacinth leaves pushing out of the soil under my window, and almost before we begin to realize that the winter is ended, there will be bud stalks and gay blossoms springing from the hardy bulbs we planted last fall. If you did plant them, you will be reaping the harvest in color and fragrance; but if you did not-you will wish you had, when you look over into the bulb bed in your neighbor's yard.

One snowy morning, when the first bare places began to show up well, a dear girl friend came running in and said: "What do you think! My tuberose is pushing up out of the snow!" "Not really!" I said, for I had never heard of such a thing. So I went with the enthusiastic child to see the tuberose that grew in the snow, only to find hyacinths bulging take out the works; fill a quart bowl out of the ground in the bed, and (or dish or pan large enough and but not having it wet, before apply-

bulbs last fall.

transplanted to another box. Early near a particle of fire or flame. in May they may be set in the open ground. Chrysanthemum seeds do not "come true," and in order to have flowers like the parent plant, you must take root slips from the well, and treat the slips just like plants. Keep the plants growing well until time to take them up in the fall, potting them for bloom in the autumn.

The Date and Citrus Fruits

Very few people know much about is rich in food value, with its easily the least soil shows on it. digested sugar, and is very energizing. It can be used in many dishes, and is good in all of them. It can be used with cereals, rice, apples, lemon, and in other ways. Puddings, stews, meringues, sauces, cake fillings, and an excellent bread is made by its introduction among the ingredients. A very excellent quality of dried dates can be bought for ten cents a pound. It should be fresh, and not too dry from standing exposed in the store.

as foods. They are sources of energy, rather than as nourishers and muscle producers, as containing mineral salts and acids in a form readily assimilated by the digestive organs. The citrus fruits are oranges, lemons, limes, pomeloes, citrons and kumquats. Pomelos are marketed under the name of grape fruits, and are not very generally used, but are valuable in their place; they make delicious salads, and may be made into various comserves, such as marmalade, fellies, etc.

There are several Farmers' Bulletins sent out by the Department of Agriculture, which give valuable information about these fruits and the methods of preparing them. These bulletins are free for the asking, through the secretary of agriculture, or by application to your senator or congressman.

Cleaning the Clock

For the cheap clocks so necessary in the kitchen and bedroom, the following method of cleaning is given as tried and recommended:

Take the works out of the metal case, which may be done by any one using a little common sense. Usually this is done by taking off the little key handles (or whatever they are called), at the back, the little brass legs and the alarm bell. Pull the back of the case off, and carefully the wood yard, thoroughly dampen-

more of it. When she said she had the dirt. If the clock is not too dirty, too, I could assure her that she would gasoline, if it has been wound up probably find it coming up some previous to its submersion, and this warm day later on, for the spotted will help to work the dirt out, and calla is almost hardy in the middle should be allowed to continue for a states. But I know every one of you short time before taking the works Seed Cakes "Like Mother Used to will wish you had planted the hardy out of the bath. Then set the works in the sun out of doors until the The latter part of March, plant gasoline exaporates, then put into chrysanthemum seeds in a box for the case again, and fasten the the window. The seeds germinate in handles, feet, and bells as you found about seven days, and as soon as they it. The washing should be done out are large enough each tiny plant side of the house. Gasoline should should be picked out carefully and never be used for cleaning anything

Some Cleaning Suggestions

To clean upholstered furniture, cover the material with a towel and whip with a rattan; then brush the old plant as soon as the shoots start upholstered parts very- hard and wipe them quickly with a cloth wrung as dry as possible out of clear hot water, following with a clean white flannel dipped in alcohol, and as son as the flannel shows dirt wash at once in clean tepid water, otherwise the alcohol will dissolve the dirt and deposit it the dietary value of the date. The in streaks on the surface of the principal use on the table is in the fabric. Clean alcohol lightly used raw, dried state, and it might be with a flannel wrung almost dry will used far more frequently, even in not mark the most delicate fabric; this state, to advantage. The date but it must not be further used if

Making Soap

are at hand, and here are two good recipes just sent in:

To make soap, measure twelve quarts of soft water; take six quarts grease boil a few minutes and then covering and prevent cracking The citrus fruits are all valuable gradually stir in a one pound box of remain open until dry. concentrated lye; while it is boiling, it must "rope" off the stirring paddle), add the borax and soda; stir well and gradually stir in the remaining five quarts of cold water until thoroughly mixed; then dip out the air.

> or tallow, or grease of any kind, six pounds; stone lime three pounds; soft water four gallons. Dissolve the lime and soda by boiling together in the water; stir well, let settle and pour off the clear water; then return the water to the soap kettle and add the lard or grease, and boil until it becomes soap. Pour into a pan, or mold, and let cool, cut into bars and dry.

Saving Fuel

Where a fire of great heat is not needed, during the cool spring days, yet some fire is a necessity, try this: Make a strong fire and get it going well; then cover with ashes, or chips, saw-dust, or even sweepings from her if she did, it would stay right there, but she would see nothing there, but she would see nothing the cover the dislodge briskly back and forth to dislodge there, but she would see nothing the covering the coverin

with either wood or coal fires. When a coal fire is burning briskly, and less heat is wanted, take the ashes from the ash-pan to cover the coals. Nearly all the ashes will burn away, If the covering is put on at night, by morning there will be very little ashes, and the fire will be a bed of live coals. If covered in the morning, the fire will keep until evening, and can be quickly started up with a draft and fresh fuel. Partly deplanted her spotted calla outside, it will soon start to running in the cayed logs and stumps make fine fires, and damp, soggy wood will act as a blanket for keeping the coals while sending out a gentle heat.

Make"

We have had several requests for the old-time seed cakes recipe, but have just succeeded in getting it from a Cornish lady. Here it is:

One quart of flour, four eggs, two cupfuls of sugar, one-half pound of butter, caraway seeds to taste; one cup of sweet milk, three teaspoonfuls of baking powder sifted with the flour. Get the seeds of the grocer or druggist. Five cents worth will make quite a few batches. The seeds may be only scattered over the top before baking, if preferred.

Worth Remembering

Silverware that is in daily use may be kept very bright if allowed to soak in strong borax water for four or five hours occasionally. Pour the water boiling hot over the plate, but let cool as it will. This will save much rubbing and polishing.

It is claimed that filigree work on silverware will be brightened and cleaned by letting lie in sour buttermilk for a day. The acid in the buttermilk clears the silver without damaging it.

Wet umbrellas should not be Several requests for soap recipes closed and stacked in the dripper. Stand the umbrella, handle downward, to allow the water to run off quickly, thus preventing the ribs from rusting and the covering from and put over the fire in a large lard rotting. The umbrella should be or soap kettle; when it comes to a opened a couple of inches to allow boil, add five pounds of tallow, or the water to escape "ithout wetting any kind of grease (even cracklings, the handle. When nearly dry open after frying out the grease); let the to the full and this will stretch the

For the kitchen windows, sash curput four ounces each of borax and tains are very desirable. Have them sal soda into a quart of the water just the size of the lower sash, strung you have already measured; set on on picture wire and fastened to the the back of the stove until both are lower sash at the top; then, when dissolved. When the soap begins to the window is opened for airing or get "ropy," which will be in perhaps sweeping, or washing the sills or half an hour, (but give it time, for frame work, the curtain is not in the way. Be sure to make the sash curtains of materials that can be washed and boiled.

It will soon be time to put away the stoves for the summer. Before into any vessel or mold, let get cool, storing them, give the stoves and cut into bars and dry thoroughly in stove pipe a good coat of stove polish mixed with machine oil, and they Another-Salsoda 6 pounds; lard will not rust. One of the liquid enamels can be used for the same purpose.

This is strongly recommended as a cleaner of furs: Take a quantity of clean sand—a quart or half gal-



I have such marvelous rec-ords of reduction in hundreds cases with the Kresslin Treatment that I have decided, for a limited period only, to give free trial treatments. A reduction of five pounds a week guaranteed. No person is so fat but what it will have the desired effect, and no matter where the excess fat is located—stomach, bust, hips, cheeks, neck—it will quickly vanish without exercising, dieting or in any way in-