

every groove and crack in the room; over the doors and windows, along the sides, in holes in paper or plaster, in the folds of mattresses and pillows. Sun the clothes every day.

The Fragments

Where there are bits of cold meat, of whatever description, veal, poultry or fish, put all together in a little hot water and simmer until tender and the water nearly all evaporated. Pick out of it all bone and bits of gristle and chop the meat very fine; if mostly lean, add a little butter and the gravy; season to taste, then pack in old teacups, or small jars, pour a little melted butter over the top and set in a cool place. It will keep for several days if kept on ice, even in hot weather. This potted meat is nice for luncheon, or for picnics, and when cold will turn out of the jar and can be sliced nicely.

Statistics are not wanting to prove that minced food digests almost as soon without chewing at all as if it had been thoroughly masticated; people who habitually bolt their food suffer no inconvenience from the habit when the food is chopped very fine, and if meat is hashed properly it is one of the most healthful forms of food. One cause of the dislike for hash is the careless manner in which it is prepared. The mass of tough pieces of meat, gristle and grease or watery gravy with a strong onion flavor, is not appetizing; but if properly combined, chopped and seasoned, with the right kind of moistening, there are few people that will not relish a dish of hash, and for people whose teeth are defective, there is nothing in the way of a dish of meat that will serve as well.

Scraps of meat well chopped, or

GOOD NIGHT'S SLEEP

No Medicine so Beneficial to Brain and Nerves.

Lying awake nights makes it hard to keep awake and do things in day time. To take "tonics and stimulants" under such circumstances is like setting the house on fire to see if you can put it out.

The right kind of food promotes refreshing sleep at night and a wide awake individual during the day.

A lady changed from her old way of eating, to Grape-Nuts, and says: "For about three years I had been a great sufferer from indigestion. After trying several kinds of medicine, the doctor would ask me to drop off potatoes, then meat, and so on, but in a few days that craving, gnawing feeling would start up, and I would vomit everything I ate and drank.

"When I started on Grape-Nuts, vomiting stopped, and the bloated feeling which was so distressing disappeared entirely.

"My mother was very much bothered with diarrhea before commencing the Grape-Nuts, because her stomach was so weak she could not digest her food. Since using Grape-Nuts food she is well, and says she don't think she could do without it.

"It is a great brain restorer and nerve builder, for I can sleep as sound and undisturbed after a supper of Grape-Nuts as in the old days when I could not realize what they meant by a "bad stomach." There is no medicine so beneficial to nerves and brain as a good night's sleep, such as you can enjoy after eating Grape-Nuts." Name given by Postum Co., Battle Creek, Mich.

Look in pkgs. for the famous little book, "The Road to Wellville."

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

scraps of fruit, chopped fine, and stirred into a nice batter, cooked in "sizzling hot" fat, are good for breakfast, and fritters, if cooked properly, so they are not a sodden mass of grease, are as "good for one's stomach" as foods cooked in any other way. It depends on the cook, and, unfortunately, cooks are "so different."

Caring for Meats

Where one depends on the butcher for the daily supply of fresh meats, it is well to remember that up to the time it is cut for you, it has been kept in a very cold place, and that the time spent in passing from the butcher's care to your own, is quite enough to start decomposition. If fresh meats are kept any length of time in the refrigerator, it will become sticky, then, a little green, and an unpleasant odor, however faint, will develop. To prevent this, before putting away the meat, brush it over with an equal amount of butter or oil and vinegar; or better, plunge it into boiling water quickly, wipe as quickly as possible, then use the oil and vinegar, brushing it well all over; scald a plate, let cool, put the meat on it, and set in the refrigerator. This will not only preserve the meat, but will make it tender and keep the flavor. Meats should not be salted before putting away, as this draws the juices out and hardens the fibre. The habit of putting meats in platters or other dishes and setting on the cellar floor, or otherwise keeping in the cool cellar, is to be condemned; the cellar is seldom clean enough for a food storage of a delicate nature, as in winter it is the dumping place of all kinds of vegetables, the walls frequently damp, and a musty atmosphere results from the unventilated conditions. In summer it is seldom kept as carefully neat as its uses for food storage requires.

Dressing Poultry

As this is the season when more or less poultry is used on the table, a few words as to preparation and care afterwards will not be amiss. Of course, with many of our readers, such advice will seem like "carrying coals to Newcastle," but we have always with us the beginner who is willing to learn. If possible, it is best to kill and dress the fowl at home, but in order to do this, it should not be fed for at least twelve hours before killing. It should be thoroughly bled, dry-picked while still warm, and drawn as soon as can be done. In drawing, the intestines should not be broken, or cut; they should come out whole. Wash the skin thoroughly and wipe dry before it is drawn; take out the clotted blood with a clean, damp cloth; the carcass should not be washed or soaked in water for any length of time after it is drawn or cut up, and if the intestines are broken, and the contents spilled on the flesh, washing will not make it clean, hence, care should be taken in this process. After the fowl is ready for the table, do not put it on the ice, and do not put it away wet; let it be wiped as dry as possible, then put on a china plate or platter and set on the floor of the refrigerator, where it will be kept perfectly chilled until to be used. A fowl is better left to "ripen" for some hours, or even longer, if it can be kept cold.

Caring for Honey

Several friends have asked for information as to care of honey and wax. Where details are wanted, it will be better to apply for printed matter on the subject to either the department of agriculture at Wash-

ington, D. C., or to the state experiment stations. If one has access to a public library, much good information may be obtained from books. In the brief space we can give the subject in our Home pages, only general directions can be given.

The honey should be taken from the hives early enough in the season to allow the bees to re-fill their frames before the summer flowers and fruits fail. Where a small quantity of comb-honey is wanted to be preserved, those frames containing the finest colored honey with the cells unbroken, should be chosen and wrapped in oiled paper, set on edge just as it is in the hive, and kept in a cool place. Where strained honey is wanted, cut the combs in slices, lay on a hair-sieve supported over the jar by a rack; the less honey is disturbed after draining, the

better it keeps. The jar must be filled to the brim, and the little scum that rises on top after it settles must be removed. A double-fold of oiled paper should be laid over the top of the jar, and a tight covering of some kind tied over this. Some claim that honey, after straining, should be boiled gently in an earthenware vessel, the scum taken off, and then put into smaller jars for keeping, tightly covered and kept in a cool place. If heated in copper or iron vessels, honey acquires a darker color than is liked, but a well-tinned copper vessel may be used.

To clarify honey, it is recommended to liquify the strained honey by heating in a double boiler, or water-bath, remove the scum, and pour off the clear. This is less agreeable to the taste than raw honey, but is not so apt to ferment, and gripe.

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