

The Home Department

Conducted by Helen Watts McKee

"When We Lie Down to Sleep."
November woods are bare and still,
November days are clear and bright,
Each noon burns up the morning's chill,
Each morning's snow is gone by night,
Each day my steps grow slow, grow light,
As through the woods I reverent creep,
Watching all things "lie down to sleep."

I never knew before what beds,
Fragrant to smell and soft to touch,
The forest sifts and shapes and spreads,
I never knew how much
Of human sound there is in such
Low tones as through the forest sweep
When all wild things "lie down to sleep."

Each day I find new coverlids
Tucked in, and more sweet eyes
shut tight,
Sometimes the viewless mother bids
Her ferns kneel down full in my sight,
I hear their chorus of "good night,"
And half I smile and half I weep,
Listening while they "lie down to sleep."

November woods are bare and still,
November days are bright and good;
Life's noon burns up the morning chill,
Life's night rests feet that long have stood.
Some warm, soft bed in field or wood
The mother will not fail to keep
Where we can "lay us down to sleep."
—Helen Hunt Jackson.

Training the Children.

A child will get an education in the street, and may learn some useful things; but it depends very much on the child what the lessons are. The useless and vicious predominate, and everything attracts the child to this class of learning, because evil is so brazen and persistent. While we cannot keep the child from contact with evil at all times, we should do the best we can to counteract the influence, and to keep the plastic mind full of better things. The good lessons are better learned at home or in the school room. The night school of the street never yet made good, pure men or women.

In every household there is always enough to keep the child healthfully busy for a part of the time, at least. If pains are taken to make the work attractive, and to impress on the

young mind the fact that responsibilities for certain tasks must be assumed by each one, they will be assumed with less friction as the child becomes older. They can be taught to make play of many little helps, but should be made responsible for the efficacy of the play. Little hands can lift little loads and make the big ones lighter for the stronger shoulders, and the children thus kept off the street may be learning useful lessons.

Many times it is the parent, rather than the child, who needs correction and training. A wise parent puts herself in the child's place, now and then. The view-point is different. Try praising the little one for what it wants to accomplish, whether it has failed or not. Nothing encourages more than encouragement and praise. Lead the baby rather than drive it, and give the child more kisses than cuffs. Everything is new and strange to the dawning intelligence, and many things are mysteries to even our own minds. We all make mistakes, and when the little hands fail of accomplishment, help them to overcome their helplessness.

For Thanksgiving.

Try to get a good bird, and one that is not too old. A hen turkey is more tender than a male bird, and is never so large. One weighing nine to twelve pounds, with smooth black legs, plump breast and flexible breast bone, the flesh firm and pink, with a white tinge will usually prove satisfactory. Do not buy one with long hairs, as long hairs indicate age, and the bird will probably be tough. If the bird is a young one, there will probably be quite a few pin-feathers. If the bird is already dressed when you get it, wash thoroughly inside with cold water in which a little baking soda has been dissolved, then wipe dry with a soft cloth. If the bird has any appearance of being older than you like, have the butcher pull out the tendons from the drumsticks, and the meat on these parts will be quite as tender as the rest of the bird. The butcher will do this if you ask him. After the turkey is dressed and ready to cook, it is better to steam it than to either boil or roast. Set the carcass in a bake or roasting pan, and cover; then set the pan into a boiler having enough water in it to admit of boiling for some time, but set the pan on something that will lift it above the water, so the water can not boil up into the pan. Cover the boiler with a heavy towel, then the tin lid, and keep the water boiling until the flesh of the turkey is well done—about as long as you would let the bird boil in the water. When quite tender, take the bird out, make dressing and stuff it, covering it with the dressing, then set in the oven and roast the outside brown. The boiler must be kept covered, as it is the steam that cooks the bird, not the water, and if the water should evaporate too freely, refill with boiling water. It will evaporate but little if kept closely covered.

Left-Overs from Dinner.

Usually, after the Thanksgiving dinner there will be more or less scraps and dressing from the turkey, and these should be gathered up, the meat picked cleanly from the bones, shredded into fine pieces, and to this add the dressing, scraps of light biscuit, and gravies left poured over

the mixture, and the whole stirred together and put into a baking dish or pan. There should be just enough water added to thoroughly moisten it. Bake in a hot oven for fifteen to twenty minutes and serve hot.

For using the end of a ham, put it over the fire in cold water and let simmer until tender. When about half done, add to the water four tablespoonfuls of vinegar; when it is done, let cool in the water, then remove the skin from the bone and pick off all the meat, rejecting the hard parts. Run the meat through the chopper; measure, and to each pint of meat allow a gill of milk, a tablespoonful of dry mustard, a dash of tobacco pepper and two eggs. Cook all this in a double boiler for two or three minutes, then turn into a bowl or small jar. It can be used for sandwiches, or sliced cold for supper.

For the end of a cooked ham, put over the fire with potatoes or other vegetables, or cook dumplings with it. The bone and the little meat left on it will season the rest of the dish.

Canned Meats.

One of our dear friends, who has been with us a long time, asks how to can chicken. We give two methods, and also the methods which our friend has seen used.

Canned Chicken—Prepare the chicken as for frying or fricassee, by merely jointing, or the bones may be taken from the flesh, cooked or uncooked. If the bones are not removed cover with water in a porcelain-lined kettle and bring slowly to a boil; simmer until the flesh is tender, but not broken. When done, add salt to the water, as for the table, and boil up once, then remove the chicken, and take out the bones, and pack the meat in wide-mouthed jars, packing as closely as possible; start the jars in a pan of boiling water while and after filling, to keep very hot; if there is much broth, boil it by itself until there is just enough to fill the jars of chicken to overflowing, and then seal at once. Be sure the cans are airtight. Glass jars are claimed to be best.

Another Way—Make the chicken into pieces that will go into wide-mouthed jars nicely. If preferred, cut out all large or long bones. Salt as for the table. Have the salt ready, with one tablespoonful of saltpetre and one of brown sugar to every teacupful of salt, well mixed. Pack the meat in your jars, pressing down tightly with a blunt stick (a piece of broom handle will do); do not put any water in the can, but pack very tightly with meat. Have a board full of holes to set in the bottom of your boiler, set in the cans and fill the boiler with warm water just to reach the caps (which should be loosely put on without rubbers). Let stand until warmed through so they will not break, then set the boiler on the stove, bring to a boil, and boil until done, as you would fruit. It will take from one hour and a half to three hours, according to the age of the chicken. To know when it is done, take a hit out and taste it. Then set off the boiler; take out each jar and set it on a cloth to keep from cracking, and when the juice or broth has settled, the can will not be full, as the chicken will shrink as it cooks. Have ready a pan of boiling salt water (have it boiling, not merely boiling hot, strongly salted with the same salt used on the raw meat, but

not brine), and fill the jars full to overflowing, and keep on filling as long as there is a space to be found. When you are sure there is no more space, put on new rubbers and seal as you would fruit. Turn each can upside down to see if it leaks, and if there is the slightest sign of moisture about the rubber, press the edge of the cap down where the moisture is, with either a small hammer or knife handle. Be very sure there is no leak. If care is taken to seal airtight, it will keep, and be nice either re-heated, or used cold. Other meats may be canned the same way.

Our Querist, Mrs. E. S., gives us the following, which certainly "sounds good":—"The best chicken I ever tasted was cooked done, and had but little broth when taken out. The bones were removed and the meat was cut quite fine; when the broth cooled, the oil was skimmed off, the chicken put back in the broth and brought to a boil, then the cans were filled and sealed as fruit."

Another friend wants to know how to put away sausage for next summer. The following was contributed by a Southern sister: Grind the meat fine; to fifteen pounds of meat add one teacupful of salt, and four level tablespoonfuls of black pepper—nothing else. Mix well with the hands and make into cakes; fry nearly done. Then, read this carefully: Put the cooked sausage where they will get cold. After they are cold, pack in a tin can closely, and pour the fryings over the packed cakes—which should be packed in very closely, and the fryings or lard should be hot enough to pour. If not enough fat, heat more lard and pour until the cakes are covered half an inch deep; if on getting cold, there are holes in the lard, melt more lard and fill. When to be used next summer, scrape the lard off so you can get a mess of the meat, then press it back so as to exclude all air.

Boneless Turkey.

This delicacy is expensive, if bought ready prepared, but with a little practice, one can bone her own bird. Here is the way it is done: Select a young turkey hen and pick

FIVE IN FAMILY

All Drank Coffee From Infancy.

It is a common thing in this country to see whole families growing up with nervous systems weakened by coffee drinking.

That is because many parents do not realize that coffee contains a drug—caffeine—which causes the trouble. (The same drug is found in tea.)

"There are five children in my family," writes an Iowa mother, "all of whom drank coffee from infancy up to two years ago."

"My husband and I had heart trouble and were advised to quit coffee. We did so and began to use Postum. We now are doing without medicine and are entirely relieved of heart trouble."

Caffeine causes heart trouble when continually used as in coffee drinking.)

"Our eleven-year-old boy had a weak digestion from birth, and yet always craved and was given coffee. When we changed to Postum he liked it and we gave him all he wanted. He has been restored to health by Postum and still likes it."

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