



The Home Department

Conducted by
Helen Watts McKee

Lifes's Burden.

O, heart, go out of your hiding place,
And wander where you will,
Through the city and through the town,
Through valley and o'er the hill,
Over the sea with its thousand isles,
Over the rivers, go
In quest of a single human soul
That never hath known a woe.

You may enter the palace where kings
doth dwell
Or the poor man's humble cot;
The place which great wealth beautifies,
And where it blesseth not;
But should you travel through golden lands,
Till centuries have flown,
If you sought for a heart all sorrow-proof,
You would come to the end alone.

O, hand that is hardened with thankless toil,
With labor from morn till night,
Do you long to change with the idle hand
That is slim and soft and white?
Do you think that the touch of bitter tears
To them no stain hath given?
Toil on, for you may not know the bar
That shuts them out from heaven.

O, feet that are climbing the up-hill road,
Oft pierced by the cruer thorn,
Oft tempted out of the rowery way,
Into the dewy morn,
Climb on, with the aid of thy sturdy faith,
On, up toward the shining sun;
For the feet on the grass may feel the fang
Of death, ere the goal be won.
—Selected.

Jellies.

In order to have the best success in making jellies, certain things must be observed. The fruit must be sound, in good order and just at the right stage of ripening. It should be as freshly gathered as possible, under-ripe than over, and should not be gathered on a rainy day. Some people claim they can not make jelly nicely on a cloudy day.

Use only granulated sugar, and do not get that which has a blue-white cast. After weighing or measuring, heat it in a moderate oven before putting into a hot juice. A clear, dry day is the best on which to make it, and if possible it should be set to cool in clear sunlight, and during the process of solidifying, it should not be moved.

Do not make jelly of any kind in tin vessels. The spoons and ladles should be silver, wooden, or porcelain; the kettles should be porcelain or granite-ware, as also should be the colanders. The jelly bags may be made of thin flannel, coarse linen or thin, coarse cotton. Do not press or squeeze the fruit; let the juice drip as long as a drop falls, and then, if you wish to squeeze the pulp, the second juice will make good jelly for culinary purposes.

There are times and "conditions"

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when even the experienced housewife fails to get the best results for her work; either the juice will not jell, or, later, will not keep, gathering mold or returning to a semi-liquid condition, but there is always a cause for it. It may be the kind of fruit, too much or too little acidity, too ripe, or too green, grown under too much moisture, maturing under too much wet weather, etc., but the housewife is reasonably certain to get good results if she follows good rules.

The usual proportions of fruit and sugar for jellies are pound for pound, the pint measure being the standard. The juice is either obtained by heating gently and pouring into the jelly bag, allowing it to drip, or, in some fruits, bruising and mashing without heating. Other fruits are placed in a stone jar and set to heat in a kettle of boiling water, heating slowly until the juice flows freely, before pouring in the bag to arrp.

All jellies, when they have cooled, have a shallow shrunken surface, and into this it is well to pour about a quarter of an inch of melted paraffine, in order to exclude the air, that the jelly may keep. The tops of the glasses may be covered with a sheet of plain writing paper pasted over the edges, but if metal tops are used, the paraffine layer will suffice.

Chilli Sauce.

(Several readers have asked for a recipe for a Mexican dish called chilli sauce, not wishing the relish, or pickle of that name. A friend's note book furnishes the following, which she thinks is what is asked for. Will those having asked for the recipe let me know if this is what is desired, and how they succeed in making it.—H. W. M.)

Chilli Sauce.—Take ten or fifteen cents worth of lean beef and put into a kettle with just water enough to cover, and cook until tender; remove from the kettle and chop fine as desired. Put on chilli beans at the same time with the meat, but in a separate vessel—about two cupfuls of the beans, and when the meat is done, pour the liquor from it over the beans. Take eight or ten Mexican beans, put on to cook half an hour before wanted, and when done, peel off the skin and beat the pulp smooth, so that no lumps remain. Beat fine one tablespoonful of canishi seed, and add to the peppers. Chop fine a small onion, and also a head of garlic. Put on the kettle, add two tablespoonfuls of lard and when hot put in the onion and garlic, and let fry a few minutes; then add the peppers slowly; stir well, and add the meat, stirring again; then add a few beans and stir, alternating the meat and beans until all are used, stirring each time you add.

For The Sewing Room.

Before one realizes, the vacation days will be over, and although the heat that always lingers even up to the opening days of September is not conducive to enthusiasm over the sewing room, yet the morner and older girls realize that school-days are not far distant, and they are eager to employ the late summer leisure in preparing the necessary wardrobe for the more serious affairs of life.

Shirt-waist suits, of whatever material, seem as popular as ever, and, while certain changes may come later in the season, some important facts

are well assured. Simple costumes made with the shirt-waist and the skirt that clears the ground increase in popularity, and the odd waist with the jacket suit still holds its place in spite of the efforts to bring about the contrary.

Mohair in its heavier weaves is admirably suited for fall wear and for the school girl's use while the useful serge is always a favorite. In a large family, the garments of the elders are, and should be, "let down" for the smaller sizes, and many very handsome, as well as serviceable suits can be gotten for the little ones out of last year's suits of the elders, leaving the new purchases for the larger garments. Nowadays, one can buy ready-made underwear for the whole family of such serviceable material, satisfactory fit and financial saving, that the making of those garments hardly enter into the plans of the busy house-mother. Of the outer garments, too, there are excellent makes and materials the purchase of which greatly lessens the work of the seamstress. But there remains enough work, in every family, to keep the needle polished and the thimble bright.

All kinds of decorative work is still seen on the garments which Dame Fashion favors, and tucks of all widths are never more attractive than when used on the young girls, to say nothing of their economical uses. Mohairs and mohair etamines are very popular dress goods, and are to be seen in all colors and mixtures. For the school girl, they are serviceable, and save much laundering. Petticoats are also made of mohair, and do not wrinkle, while they wear readily.

For hard wear and cool days, plaid cheviot is a good material for the walking skirt, and also the light-weight woolen goods where the skirt is of definite body. Canvas and linens are seen in most extreme tailored styles, with severe military coats and are desirable for the reason that they can be worn very late in the season, reaching well into the autumn.

Timely Recipes.

Cherries, strawberries, peaches and some kinds of grapes do not jell easily; a little gelatine may be added to the juice to insure success. Over-ripe fruits do not jell as nicely as a little under-ripe. Let fruit juice drain through the jelly bag; if wrung out, the jelly will be clouded.

Marmalades.—Pare, core and cut into pieces the fruit; put the skins and clean cores into a kettle, cover with cold water and bring to a gentle boil; cook thirty minutes, or until tender; strain through a colander, allowing all pulp to pass through, withholding the seeds and skins. Add the prepared fruit to this juice and to each pound of fruit allow half pound of granulated sugar. Cook on top of the range, slowly, stirring all the time to prevent scorching, until it becomes of a jelly-like consistency. The time necessary for this will depend on what kind of fruit is used, as some will thicken quicker than others. Currants, peaches, pears and plums as well as many other fruits, contain pectin, and it is this substance which gives firmness to the preserves and jellies made from them.

Spiced Vinegar.—One pint of vinegar, two pounds of brown sugar, one ounce stick cinnamon, six tablespoon-

fuls white mustard seeds, one teaspoonful of whole cloves. Simmer sugar, vinegar and spices together twenty minutes; drop nasturtium seed-cells into the syrup, leaving them until hot through, then bottle at once and seal. Used as a relish for all meats.

Yellow Tomato Preserves.—To each pound of yellow tomatoes, allow one pound granulated sugar, two ounces preserved canton ginger, two lemons and one orange. Scald the tomatoes enough to allow the skin to be easily removed, put into an earthen jar and cover with the sugar; let stand for twenty-four hours, then drain off the syrup and cook until quite thick; skim and add the tomatoes, ginger (cut in thin slices), lemons and orange (sliced thin and seeds removed), and cook all together until the tomatoes have a clear appearance. Put into pint jars and seal tightly.

For Dessert.

Pineapple Cream.—Rub a pound each of butter and sugar to a cream, stir in a pound of grated pineapple; add the yolk of three eggs, well-beaten, and a cupful of milk; beat the whites of the eggs stiff and add them last, stirring all lightly together. Line a pudding dish with a rich pie-crust rolled very thin, fill it with the prepared custard and bake in a moderate oven.

Rock Cream.—Boil a cupful of rice in new milk until quite soft, sweeten with powdered sugar, stirring the rice as little as possible; pile lightly on a dish, dotting with currant jelly or some kind of preserved fruit; beat the whites of three eggs to a stiff froth with powdered sugar, flavor with vanilla, and add two tablespoonfuls of rich cream, and drop roughly over the rice, a spoonful at a time, giving it the appearance of snow. Set on ice and serve cold.

Coffee Jelly.—Pour one pint of boiling water on a little more than one-fourth box of gelatine; when cool, add the whites of the eggs well beaten, one cupful of strong coffee, one cupful of sugar; pour in molds and serve cold with cold custard made as follows: One and one-fourth pints of milk, one tablespoonful of corn starch wet with a little cold milk; put the milk in a double boiler and bring it to a boil, then stir the corn starch into the milk add two spoonfuls of sugar and the yolk of two eggs.

For Coffee Custard.—Scald two and one-half tablespoonfuls of finely ground coffee in just enough water to extract the flavor, let drip, and add the extract to two cupfuls of milk; beat the yolks of three eggs lightly, and add eggs, one-fourth cup of sugar, small pinch of salt, one-fourth teaspoonful of vanilla, to the milk, stirring well. Strain into a buttered mold and set the mold on a pan of hot water and bake until the custard is firm. When cold, chill, and turn from the mold on a flat, circular platter, dust lightly with cocoa, heap whipped cream in the center and serve with macaroons.

Requested Recipes.

(If our housekeepers would clip out and paste in a scrap-book any recipe which has been tried and found satisfactory, much needless waiting would be done away with, as very few ask for a recipe until just as it is wanted, and often do not get it until too late to be of avail.)

Sweet Corn Pudding.—One pint of corn cut from the cob, two tablespoonfuls each of butter and sugar, two eggs beaten light, two cupfuls of sweet milk, saltspoon of salt, a small pinch of soda; stir well together and bake half an hour in a covered pudding dish, then uncover and brown.

Bean Pickles.—Pick green beans when young and tender, string, and place in a kettle to boil with salt to