

made dessert



NCE in a great many whiles somebody is found who cannot digest a raw apple, or who thinks he cannot, which amounts to the same

Once in a great many more whiles we stumble upon an unfortunate who declares that grapes disnate who declares that grapes disagree with him. I have personally known dyspeptics who could not eat sweet, light, ripe bread without acute distress, and at least one man to whom a swallow of water was like liquid thrown upon a red-hot surface. It was east off almost as oon as it went down.
In our talk of to-day we will not

take into account extreme idiosyncrasies of appetite and digestion. Each is an exception to a general rule, and should be classed rather as a disease than a peculiarity.

Three thousand years ago the royal author of an incomparable

ove song wrote:

"As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great delight, and his fruit was sweet to my taste."
And again—"Comfort me with aples," or, as the marginal reading

has it—"straw" (old English for "strew") "me with apples." This same kingly bard was the first horticulturist of his age, knowing, as we read elsewhere, the name and properties of every growing thing "from the cedar of Lebanon to the hyssop upon the wall." The exalted hyssop upon the wall." The exatted rank he assigns to the apple tree is therefore worthy of respect, and has been abundantly confirmed by latter-day pomologists and dietitians. An eminent English authority upon food values says: "Eat uncooked apples constantly, although the same apple to the same ap though, of course, in moderation, and years will be added to your life, while the evidences of age will be long in coming." After explainnot excepted, he adds: "Phosphoric acid contains the least amount of earth salts, and for that reason is probably the nearest approach to the elixir of life known to the scientific world. If you want to live long and to retain your youth at the same time, eat plenty of apples, drink only distilled water and eat as little bread as possible."

An American dietitian puts his

ing that apples contain more phosphates in proportion to their weight than any other article of food, fish

case very mildly in saying: "An apple contains as much nutriment as potato in a pleasanter and more Let it be distinctly understood



monsensible writers upon dietetics this country has ever known, put upon record fifty years ago his be-lief that it was impossible for a serted, "may be eaten at one time with impunity and with benefit to the eater." This—to the superficial healthy person to eat enough ripe, sound grapes to injure his digesthinker - startling hypothesis

fully supported by the history of the grape-cure, as practiced upon the European continent. In certain towns and cities where this is popular schools, public and private, are closed for ten days when the grape season is at its height, and household tasks suspended for the same time. Hundreds of families and time. Hundreds of families and hosts of visitors to these places flock to the vineyards and practically live there while taking the "cure." This same "cure" consists simply in eating all the ripe grapes one can consume daily, and little else except brown bread and butter. The specific effect of grape juice taken thus, au naturel, is to bring the stomach and bowels to a healthy condition. It acts also healthfully upon the blood, dissolves and ejects biliary calculi and healthy condition. It acts also healthfully upon the blood, dis-solves and ejects biliary calculi and

It is altogether possible that the free, joyous life in the open air may contribute essentially to the mar-velous cures reported by those who have tried the course of diet I have described. Granting this, much is left to the credit of the fruit. The grapes must be at their best maturity; the skins are rejected, but not the seeds. Surgeons are now agreed that the popular idea of grape seed lodging in the vermi-form appendix is a fallacy. The origin of the belief was undoubtedly the fact that minute calculi in shape not unlike a grape seed are sometimes found in a diseased ap-

This chapter is written especi-

to feed her family with food con-venient for them. A barrel of apples will furnish desserts for hungry, growing children for a longer time and at a cheaper rate than pastry, confectionery and other sweets at double the price. The abundance of grapes in the market at this season and their cheapness—from 15 to 25 cents for a five-pound basket of Concords. a five-pound basket of Concords, Catawbas or Niagaras—bring them within the reach of families of humble means. You may not be able to go to the Grape-Cure; you may bring the Grape-Cure to you. Buy the fruit by the bushel; discard sweets of all kinds; cut your butcher's bill down two-thirds and turn the children loose in the storeroom which you have converted for room which you have converted for room which you have converted for the time into a home-made Grape-Cure. For those who have a small plot of ground, or even a city or village yard, there is nothing that can be cultivated with so little trouble and with so great profit to the household as well-selected grape-vines. They take kindly to citywalls and unlike some other fruits. do not have alternate seasons, bearing abundantly every year. A little judicious pruning in February or March will insure a growth of new wood, which is the provision for that year's harvest.

conscientious and consistent aim is

BYMARION

HOUSEWIVES WHEN THEY MEET AND THE SUBJECTS THEY DISCUSS

GEORGIA member of our Great Household "frees her mind" with regard to the question agitated from week to week—"Were we? If they were—Why?"
Our Georgian has the courage of her stalwart convictions, and her freedom of speech will doubtless provoke a host of replies.

of speech will doubtless provoke a host of speech will doubtless provoke a host of replies.

I am an interested reader of your page, and the query as to whether housekeepers of the bresent day are equal to or inferior to their grandmothers finds a feeling reply in my heart. I am taking time when I should be asleep, to write you.

In my judgment, there are two, nay three vaild reasons for there being fewer beautiful housekeepers' (If there be fewer) now than two generations ago.

One, and I think the principal mothers the principles of order, system and meathers were justified to the second that the care of the course of th

Sugar From Corncobs

wainut shells, straining and sweetone is a suggestion. I make no asserto on against these.
On against these, wool and part
could recommend most highly
orthy patent dyes,
d a hat covered with white flowers
by mixing a little green dye
right blue, and following directions,
little common sense. I colored my
beautiful light put, which matched
a some sain ribbon successfully and
s of wool (with the same dye) which
ed my flowers. Any one who can
olors for painting, either water col-

ors or olls, can mix dyes of any desired shade. I find this a most useful accomplishment.

I mould not hesitate to try lace and solve the desired shade. I find this a most useful accomplishment.

I found different textures absorbed the dye more or less rapidly, so I watched my pot and materials until I got the desired shade.

As you may have noticed, I have earefully refrained from recommending any home-made dyes to our readers. It may be necessary to use these when one is remote from the town where a good dyer could be found. I have seen no dyes which were satisfactory in the hands of amateurs, and I have seen many tried. I am willing, however, to believe that the result of your experiment well as time goes on?

Baby Wisdom

not obtainable, or would not keep. If such was given, I did not see it, but lately I found one in a scrabbook, and I copy in this was given, I did not see it, but lately I found one in a scrabbook, and I copy in this was given, I did not see it, but lately I found one in a scrabbook, and I copy in this was given, I did not see it, but lately I found one in a scrabbook, and I copy in this was given, I did not see it, but lately I found one in a scrabbook, and I copy in this was given, I did not see it, but lately I found one in a scrabbook, and I copy in this was given, I did not see it, but lately I found one in a scrabbook, and I copy in this was given, I did not see it, but lately I found one in a scrabbook, and I copy in this was given, I did not see it, but lately I found one in a scrabbook, and I copy in this was given, I did not see it, but lately I found one in a scrabook, and I copy in this was given, I feel solved that the scaled bolling hot in a dided to the furth because, when can and ded to the fruit because, when can and dided to the fruit because, when can and dided to the fruit because, when can and in a custard, make it more trained, it is usually served as a

In reading your article (as I always do) I saw a couple that I might answer to the writers advantage.

To "Young Mother": I nover nursed my couple that I might answer to the writers advantage.

To "Young Mother": I nover nursed my couple to the couple of the couple of

Yeast That Will Make Itself

Some months ago, a correspondent asked for a yeast that would make itself, as she was going where our ordinary yeasts were

not obtainable, or would not keep. If such was given, I did not see it, but lately I found one in a scrapbook, and I copy it just as printed. Maybe it is not as new to others as it was to me, but maybe, again, it will be of some use.

Do the Sisters know that one to two tablespoonfuls of water added for each ext in a custard, makes it more tenders. And, now, please, if my titcked is good, I will pears, or peaches, or almost any full pears or

As some of "us" may be raising chickens.

I will tell you what cured mine of the sore head. Lard and copporas mixed and rubbed on the head. It cured all that were not already blind.

Do the "sisters" all know that to wet a cloth in clear water, wring, then wet with kerosens and wring again, will clean wing recommendation that than soap and water?

After cleaning with the colled rag rub with a dry rag and polish with newspaper rubbed soft.

A new correspondence and heartily

By Mary E. Carter

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EVERY bedchamber large enough to hold both should have a couch as in the daytime when a stesta is taken. The advantage of having a couch for that purpose is obvious because it leaves the bed undisturbed. Those who take pride in having their rooms always order mars the entire appearance of any room, however fautiless it may be in every other respect. Lying down upon the outside of a bed soon soils the coverlet. But if one is obliged to use a bed for a short rest, the coverlet can be proceed in the soil of the sound of the pillow when not in use. Another advantage about this is that if prevents increased haundry work, where many white bedspreads and to the heaviest. These so for winter and dark for summer use, it is wiser for all-the-year-round service to have them of dark green hoisand, because they protect the interior from the autishop. In cool weather, when a house requires all the sounding purposes of shielding those inside from outside gazers.

Sash curtains of some washable goods requiring no starch wear longer and are more satisfactory to additionally the contrary when a house requires all the soulight possible, the green shades can be rolled up to the top all day, as ordinary sash curtains and window hangings afford sufficient privacy during sunit hours, and after the garden purposes of shielding those inside from outside gazers.

Sash curtains of some washable goods requiring no starch wear longer and are pretter than anything the allowed to most rouble-some kind. Plain white scrim, hemmed, make durable and pretty sash curtains. Fine cream-white cheeseeloth is cheaper, very dainty-looking, and also wears well. After serving a reasonable time as curtains it can be turned into dusters, well as the turned into dusters, well as the turned into dusters, and offensive.

Every one, old and young, who can write should possess a desk. They are so useful and so inexpensive that there is no excuse for not providing each room with one. Desks promote orderly habits, for where each member of a household has one under lock and key, the probability is that individual belongings in the writing line will be kept in better order than they could be without the desk conveniences. Those who are not accustomed to the boundaries of a desk are apt to acquire careless ways, just for lack of a suitable place for their stationery and general correspondence. The school boy and girl early accustomed to a private desk, with a trash basket under or beside it, will hardly need to be told to use both, the advantage to themselves will be so obvious. Besides the desk every room should have some arrangement for holding books—a small bookcase, a revolving stand or a hanging set of shelves. Wherever it is possible, the books should be inclosed or have curtains sliding on rods to protect them. Dusty books are vexatious and seon grow shabby. A little inexpensive ornamental feather duster always hanging beside the shelves is the most desirable and only suitable thing for removing dust from books, because it will apt deface them. Feather dusters, as a rule, are objectionause anywhere about a house, because so few people seem to know how and when they should be used. For general dusting they are worse than useless, like many serviceable articles they may be made nuisances by misuse, but every house needs one very large feather duster with a long handle for cornices and pictures hanging too high to be reached washing regularly and drying in the open air, if it is to serve its purpose, and not become a dust disseminator. Individual taste and notions will, of necer ty, rule all house furnishing. The vitning one can do for others is upon general and sailent points suggestions, with the hope of deleping any who are on or hints upon the subject.

Self-Making Yeast

Boll two ounces of the best hops in down to the warmth of new mills; then put in a small handful of salt and half a pound of sugar; beat up one pound of the best flour with some of the liquor, and then mix well all together. Let this mixture stand until the third day; then add three pounds of potatoes, boiled and mashed; let It stand a day longer, stirring frequently, and keeping it near the fire.—i. e., keep warmin an carthen vessel; then the stand and put in a cool place, it will keep a stand to terminate the stand of other yeast. If well cooked and keep in a cool place, it will keep a stand and never fails to make delicious bread and never fails to make delicious bread and never fails to make delicious bread and put and the stand of other yeast. If well cooked and keep in a cool place, it will keep a tended, and never fails to make delicious bread and never fails to make delicious bread and the stand of the standard of the

Dumplings Two cups of flour: three spoonfuls of baking powder; one spoonful of salt, and water to make soft dough. The same mixture will do for the four is stirred full of fruit before the water is added. It will steam sufficiently in one and one-half hours.

The next course may be

Macaroni and Cheese

Stew one-half pound of macaroni untilsoft; drain off the water and add one cupful
of grated cheese; seven or eight tablespoonfuls of dripping from roasted meat; two
cups of milk or water; two spoonfuls of
flour and water of the spoonfuls of
flour and water of the spoonful of
and bake until brown. A little chicken
gravy, or something as good, is an improvement.

White Cake May be made by taking one small cup of sugar; one-half cup of butter; two small cups of milk; two heaping teaspoonfuls

of baking powder, and five cups of flour. Cream the sugar and butter; then add the milk, which must not be too cold. Leasily, put in the four and powder and as little of whatever flavorating suits you. Mr sail best for the suits of the sui

to pour over the pudding.

Pumpkin Pies

The bakers make these pies without eggs by taking one quart of sooked over the public cooked ove This makes three pies.

Our "Standby" Cake Our "Standby" Cake

One-half teacup of butter creamed with one and one-half cups of sugar, one cup of sour milk, one teaspoonful each of lemon considerable the supportion of colors, three scanterups of flour. Sift one-half cup of the flour into a chopping bowl and set saide; thereught sift the remainder, adding a level that the supportion of colors of the flour into a chopping bowl, and mince, may well into the batter and bake slowly in a dripping pam, about half an hour. The chopping bowl is a color of the color of the

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Christmas stock,

OR

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