



# HOUSEHOLD TALKS

## Henrietta D. Grauel

### Nuts for Food

Indians called this "The moon of nuts" and they fought with the squirrels to secure the rich harvest, for ground and mixed with maize they added much to their meagre winter diet.

We probably use more nuts than did the Indians but in a different form. Ours we put in candies, in nut butter and in the form of salted nuts. Only a few of these come from the forest trees. Chinquapins, hazel nuts and beech nuts, so sweet and tender, find but a limited sale in southern market. They are scarcely ever seen in cities.

If it was not for our foreign residents it is not likely that chestnuts would have become such great favorites as they have but the French and Italian people know their value. It is their demand for them that has made us like them too.

There have been many books written on the food value of nuts and recipes for nut stuffing for poultry and nut diets for vegetarians are often seen but this food is too rich in oil or else too full of starch to ever make a perfectly balanced ration. Eaten with other foods nuts are most wholesome and their use should be encouraged in every family.

The flavor of nuts depends upon their oils; the chestnut has both a nutty flavor and a distinct starchy taste. Brazil nuts, butter nuts and the Philippine cream nuts much resemble un-salted butter but in walnuts the taste is flavored by the bitter inner skin so that though they are very rich, the oil is not so noticeable.

As for peanuts—taste a ray one—is not it just like a partly cooked bean? Really the peanut is a bean, or at least a legume and it should be compared with soy-beans and peas rather than with almonds and other nuts. After it is roasted its oils blend with its starch and produce a most wholesome food. Coconuts and almonds are used for cookery but this is only because they are easiest to prepare for pastes and confections. Since the food chopper and meat grinder have been perfected all nuts can be used and many delightful combinations have come to stay.

Hickory nut taffy is much better if walnuts are added to it. Apple and nut alads should have one starchy nut and two oily nuts mixed with apples, in fact there is a great difference in the character of nuts and on accords the good flavor and quality of another.

Salt makes nuts more digestible and that accounts for so many salted nuts of different kinds on our markets.

New Orleans Pecan Pralines—Moisten two pounds of sugar with just enough water to keep it from burning before it dissolves. Boil this until it falls from the spoon in ropes, or strings; add five cups of the pecan nuts and stir the mixture until it is cool. Pour on a buttered pan.

The best way to roast chestnuts is to put them in a corn popper and shake them over wood embers. When they are done wrap them in a thick cloth and let them steam in their own heat. This makes them very tender.

# THE AFTER HOUSE

## A Story of Love, Mystery and a Private Yacht

By MARY ROBERTS RINEHART

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Continued

He looked up, leaning down from the wheel to do so, and pocketing the key. The night was fairly quiet. He could lash the wheel safely, and he had in his favor the fact that Oleson the lookout, was a slow thinking Swede who notoriously slept on his watch. He found the ax, not where he had left it, but back in the case. But the case was only closed, not locked—Singleton's error.

Armed with the ax, Jones slipped back to the wheel and waited. He had plenty of time. He had taken his robe from its hiding place in the boat, and had it concealed near him with the ax. He was ready, but he was waiting for another signal. He got it at 2:30. He admitted the signal and the time, but concealed its nature—I think it was a shooting star. He killed Vail first, believing him to be Turner, and making with his ax the four signs of the cross. Then he went to the Hansen girl's door. He did not know about the bell, and probably rang it by accident as he leaned over to listen if Vail still breathed.

The captain, in the mean time, had been watching Singleton. He had forbidden his entering the after house; if he caught him disobeying he meant to put him in irons. He was without shoes or coat, and he sat waiting on the after companion steps for developments. It was the captain, probably, whom Karen Hansen mistook for Turner. Later he went back to the forward companionway, either on his way back to his cabin, or still with an eye to Singleton's movements.

To the captain there must have appeared this grisly figure in flowing white, smeared with blood and armed with an ax. The sheet was worn over Jones' head—a long, narrow slit serving him to see through, and two other slits freeing his arms. The captain was a brave man, but the apparition, gleaming in the almost complete darkness, had been on him before he could do more than throw up his hands.

Jones had not finished. He went back to the chart room and possibly even went on deck and took a look at the wheel. Then he went down again and killed the Hansen woman.

He was exceedingly cunning. He flung the ax into the room and was up and at the wheel again, all within a few seconds. To tear off and fold up the sheet, to hide it under nearby cordage, to strike the ship's bell and light his pipe—all this was a matter of two or three minutes. I had only time to look at Vail. When I got up to the wheel Jones was smoking quietly.

I believed he tried to get Singleton; later and failed. But he continued his devotions on the forward deck, visible when clad in his robe, invisible when he took it off. It was Jones, of course, who attacked Burns and secured the key to the captain's cabin; Jones who threw the ax overboard after hearing the crew tell that on its handle were finger prints to identify the murderer; Jones who while on guard in the after house below had pushed the key to the storeroom under Turner's door; Jones who hung the marlinespike over the side, waiting perhaps for another chance at Singleton; Jones in his devotional attire who had frightened the crew into hysteria and who, discovered by Mrs. Johns in the captain's cabin, had rushed by her and out with the ax. It is noticeable that he made no attempt to attack her. He killed only in obedience to his signal, and he had had no signal.

CHAPTER XVIII.  
The Sea Again.

PERHAPS the most curious thing after the murderer was known was the story of the people in the after house. It was months before I got that in full. The belief among the women was that Turner, maddened by drink and unreasoning jealousy, had killed Vail and then, running amuck or discovered by the other victims, had killed them. This was borne out by Turner's condition. His hands and parts of his clothing were blood stained.

His condition was pitiable. Unable to speak for himself, he lay raving in his room, talking to Vail and complaining of a white figure that bothered him. The key that Elsa Lee picked up was another clue, and in their attempt to get rid of it I had foiled them. Mrs. Johns, an old friend and, as I have said, an ardent partisan, undertook to get rid of the ax, with the result that we know. Even Turner's recovery brought little courage. He could only recall that he had gone into Vail's room and tried to wake him without result, that he did not know of the blood until the next day or that Vail was dead and that he had a vague recollection of something white and ghostly that night. He was not sure where he had seen it.

The failure of their attempt to get rid of the storeroom key was matched by their failure to smuggle Turner's linen off the ship. Singleton suspected Turner, and, with the skillful and not over-scrupulous aid of his lawyer, had succeeded in finding in Mrs. Sloane's trunk the incriminating pieces.

As to the meaning of the keys, file and club in Singleton's mattress, I believe the explanation is simple enough. He saw against him a strong case. He had little money and no influence, while Turner had both. I have every reason to believe that he hoped to make his escape before the ship anchored, and was frustrated by my discovery of the keys and by an extra bolt I put on his door and window.

The murders on the schooner yacht Ella were solved.

McWhirter went back to his hospital.



And—Kiss Her.

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**Death in Day's Sport**  
Millintown, Pa., Nov. 3.—Roy Lauer, aged 22, son of William Lauer, of McAlisterville, while hunting yesterday, shot himself in his abdomen getting over a fence. His body was found by Rural Delivery Carrier Meyer.

**Acquitted of Murder**  
Hagerstown, Nov. 3.—After being on trial for two days before Judge Frank I. Duncan and a jury in the Circuit Court at Towson, on the charge of the murder of her husband, Edgar McCauley, formerly of Beaver Creek, on June 23 last at their home, 4114 Groveland avenue, Arlington, Mrs. Mary Otto McCauley was found not guilty. The jury had been out but half an hour. Only one ballot was taken.

**Hunter Shot in Eye**  
Gettysburg, Nov. 3.—Struck in the eye by a glancing shot, fired by one of two companions, Carl Kuhn, son of Mr. and Mrs. Daniel Kuhn, of Cash-town, was the first victim of the rabbit hunting season in Adams county. The accident occurred early yesterday morning and Kuhn was rushed to the Chambersburg hospital for treatment. The shot pierced the eye lid and lodged in the eye ball. The sight was not affected.

**Shot 39 Rabbits and 9 Quail**  
Waynesboro, Nov. 3.—A party of Waynesboro hunters, R. W. C. Evans, C. F. Wiedman, Chester Kepner and Charles Kauffman, spent yesterday hunting in Adams county and before the afternoon was half over had shot 39 rabbits and 9 quail.

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are sold by all druggists. The Safe and Sure Remedy for Headache and Neuralgia.

**12 Doses 10c, 36 Doses 25c**  
Write for Free Sample Package, enclosing this ad.

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**HOME REMEDY & SUPPLY CO.**  
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Hot and cold running water in all rooms

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Fall term September First  
DAY AND NIGHT

**Day and Night Sessions**  
Positions for All Graduates  
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**SCHOOL OF COMMERCE**  
15 S. Market St., Harrisburg, Pa.

**Cumberland Valley Railroad**  
In Effect May 24, 1914.  
Trains Leave Harrisburg:  
For Winchester and Martinsburg, at 5:05, 7:10 a. m., 3:40 p. m.  
For Hagerstown, Chambersburg and intermediate stations, at 5:03, 7:50, 11:53 a. m., 3:40, 5:32, 7:40, 11:00 p. m.  
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For Dillsburg at 5:03, 7:50 and 11:53 a. m., 3:40, 5:32, 6:30 p. m.  
Daily All other trains except Sunday.  
J. H. TONGE, Supt.  
H. A. RIDDLE, G. P. A.

**CELEBRATES 101ST BIRTHDAY**  
Woman, More Than Century Old, Believes Allies Soon Will Win  
White Plains, N. Y., Nov. 3.—Mrs. Hester Pullen, the oldest resident of Westchester county, yesterday celebrated her 101st birthday at the home of her daughter, Mrs. E. R. Phelps.

Although Mrs. Pullen is over a century old, she is able to walk about and climb stairs unassisted. She delights in talking about current topics, and believes that the European war will result shortly in a complete victory for the allies.

**Big Parade in Shamokin**  
Shamokin, Pa., Nov. 3.—Twenty-nine clubs from all parts of the anthracite region marched here last night to the music of seven bands in a Halloween celebration. Ten thousand people lined the sidewalks. Thirteen cash prizes were distributed from a fund left over from the Old Home Week last July.

**Motor Club Meets To-night**  
A regular monthly meeting of the board of governors of the Motor Club of Harrisburg will be held this evening at 8 o'clock in their rooms in The Patriot building.

# You Should Worry If

it were difficult to find a safe and reliable remedy for the ailments due to irregular or defective action of the stomach, liver or bowels. These ailments are likely to attack anyone; likely, too, to lead to worse sickness if not relieved.

# Beecham's Pills

are famous the world over, for their power to correct these troubles certainly and safely. They cleanse the system, purify the blood and act as a general tonic upon body, brain and nerves. Indigestion, biliousness, constipation might indeed, cause you prolonged suffering and expose you to danger if Beecham's Pills were not on hand.

The Largest Sale of Any Medicine in the World.  
Sold everywhere. In boxes, 10c, 25c.

## C. V. NEWS

### SAD DAY FOR SAM WOOMER

Thought Warden McKenty Would Remember Him; and He Did  
Philadelphia, Nov. 3.—Sam Woomer "drifted in," hungry, from New York yesterday. He cast about him for a meal, and after several failures, he thought him of the Eastern Penitentiary, where he once had sojourned. He knew that Warden McKenty would remember him.

Warden McKenty did. When Woomer called to present his request for a meal, the warden had just received a letter from Thomas F. Van Zant, sheriff at Lewistown, Pa., asking for a photograph of one Sam Woomer, wanted at Lewistown in connection with three burglaries.

Warden McKenty notified the police of the Twentieth and Buttonwood streets station, and Woomer was placed under arrest. He will be sent to Lewistown to-day.

### Boy Killed Under Train

Lancaster, Pa., Nov. 3.—While Earl Shay, 17 years old, and Charles Kiscadden, a companion, both of Lebanon, were riding on a box car on the Cornwall and Lebanon Railroad yesterday they were swept off by an overhead bridge near Manheim. Shay fell beneath the cars and was cut to pieces. Kiscadden fell beside the track and escaped with slight injuries. They were coming to Lancaster.

# You Need This Great Nerve Tonic

For Over-Eating, Drinking, Smoking or Overwork of Any Kind Causing Nervousness.

### TAKE AMBITION PILLS

H. C. Kennedy is having a lively sale of Wendell's Ambition Pills these days because the people of Harrisburg who have tried them know that they tone up the entire system and impart vigor and energy into run down people in a few days and because they are guaranteed to do exactly as advertised, and H. C. Kennedy is authorized by the maker to refund the purchase price if anyone is dissatisfied with the first box purchased.

If you feel blue, have lost confidence in yourself, are despondent, weak and tired out, a 50-cent box of Wendell's Ambition Pills is all you need.

Finest prescription for headaches, nervous troubles, poor blood, kidney and liver complaints, malaria, neuralgia, trembling and loss of appetite. They never fail to end constipation.

Get them at H. C. Kennedy's and dealers everywhere for 50 cents. Mail orders filled, charges prepaid, by Wendell Pharmaceutical Co., Syracuse, N. Y. Adv.

# Directory of Leading Hotels of Harrisburg

## Hotel Columbus

Absolutely Fireproof  
90 Rooms and Baths  
European Plan

Maurice E. Russ, Proprietor  
Third and Walnut Sts., Federal Square

## The Lochiel

Corner Market and Third Streets  
EUROPEAN PLAN  
Rooms provided with Heat, Hot and Cold Water. Baths free to guests.  
W. H. BYEBLY, Prop.

## HOTEL DAUPHIN

309 MARKET STREET  
European Plan. Rates \$1.00 per day and up. Rooms, single or en suite, with private bath.  
Luncheon, 11:30 to 2 p. m., 35c  
Dinner daily, 5 to 8 p. m., 50c  
Special Sunday Dinner, 12 noon to 8 p. m., 75c  
A la carte service, 6 a. m. to 12 p. m.  
MORTING & MINGLE, Proprietors.

## The Metropolitan

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For something good to eat. Everything in season. Service the best. Prices the lowest.

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J. H. & M. S. Butterworth, Props.

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At the Entrance to the P. R. R. Station  
EUROPEAN PLAN  
F. B. ALDINGER, Proprietor

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MAIL ORDERS—Any book by parcel post, include EXTRA 7 cents within 150 miles; 10 cents 150 to 300 miles; for greater distances ask your postmaster amount to include for 3 pounds.

### MILLS RESUME WORK

650 Men in Reading and Birdsboro Return to Employment  
Reading, Pa., Nov. 3.—After an idleness of three weeks in the puddle mill of the Reading Iron Company, resumed operations yesterday, giving employment to 500 hands.

The nail mill of E. and G. Brooke Iron Company, Birdsboro, this county, also resumed yesterday after a suspension of several months. The sheet mill of the same concern started to-day. About 150 hands will benefit through the resumption.

To Be Continued.  
Artistic Printing at Star-Independent.