



The Home Department

Conducted by Helen Watts McVey

A MEMORY OF JUNE

Somewhere, adown the stream of Time,

Amid the isles of June, I know,
A day is anchored, over which
The sweetest winds of memory blow.

The earth was vested as a bride,
In richest dyes and brightest bloom;
The pulsing breeze that kissed her cheek
Was slumberous with its rich perfume.

White clouds sailed slowly o'er the deep

Of heaven's blue, serenely still,
And not a sound of discord broke
The harmony of Nature's will.
Yet, faint and far, through leafy aisles,

Was heard the wood-bird's mellow call—

The lapping sound of woodland stream,
Or rippling laugh of waterfall.

O, friend, who stood with me that day,

Do you recall the matchless morn
When, from the Lethæan tome, for us
One white, red-lettered page was torn

Hands clasping hands, heart spoke to heart,

In language all unknown 'til then,
And from their Undine sleep our souls
Awoke to dreams, how mad! How vain!

I know not what life holds for you—
Our ways were parted long ago;

And far, o'er pathless seas, our souls
Have drifted with the ebb and flow.
Yours may have reached some sheltered bay

And, anchored safe in sunny cove,
Have long since ceased to think of me—

Blest by some happy, heartsome love.

While I, the sport of idle waves,
Toss still in Ocean's stormy strife;

Far, far from rest and peace; for me,
Love is the saddest thing in life.
Yet, anchored in those "isles of bloom,"

That sweet June heyday lingers yet;
And time, nor change, nor lapsing hours
Can ever cause its sun to set.

—Helen Watts-McVey.

Home Chat

Now that the vacation season is at hand, we are all turning longing eyes to the country, but many families find it impossible to leave the home and business for a lengthened stay at the popular resorts, while others, who could well spare the time, find the expenses of such a visit too great for their means. So they stay at home, year in and year out, and never realize that they could both have "the time of their lives" in a very inexpensive way. A few days, or a few weeks, at some pleasant country resort, near some river, lake or mountain, or even at the seashore could be spent at little cost, if several friends, or even one or two families, would invest in a camping outfit and make up their minds to fully enjoy their vacation, no matter what the wind or the weather. The question of clothes, too, could be settled inexpensively, as only stout clothing that would stand usage should be worn. Short skirts for the girls and women and stout shoes, big hats and sunbonnets that a few rain

drops would not hurt, while the men should dress in their own sensible fashion. In fact, it would be an excellent place to wear out one's old clothes.

Having decided upon the camping place, it could be reached by hiring a wagon, if one liked to travel "overland"—which, by the way, is both pleasant and healthful, if one will adapt himself to conditions and make the best of them.

The eatables could be packed in boxes and tin cans, the major portion of which could be thrown away when done with them. Wooden plates, steel knives and forks and iron spoons, cups and saucers of granite ware, and other substantial camp dishes should take the place of china or glass dishes. Cots or hammocks could be taken along to sleep in. Nothing is more enjoyable than a meal cooked over the bed of coals in the woods or near the water, and the cooking utensils that come with the camp stove are very handy affairs. If one has never tried "camping out," he has a very pleasant experience yet to learn, and I strongly advise its early "putting into practice." The camping outfit would serve for a number of such trips, if taken care of, and would well repay its first cost every time it was used.

Using Tomatoes

We are all glad (or ought to be) when tomato time comes around. Although scientists tell us that it contains only about six per cent of nutriment, there is no fruit or vegetable more generally acceptable, or that can be used in more ways, every one of which appeals agreeably to the palate. The tomato may be eaten either cooked or raw, and its effect on the stomach, liver and bowels is most salutary. It is a great pity that it should so often be robbed of its good effects by the addition of large quantities of sugar and vinegar. If made into soup, it may be given to the sick in almost any stage of disease, and it has a soothing effect upon fever patients. It is claimed that it will not endanger the bowels in cases of typhoid fever, and it is much more refreshing and sustaining than many of the beef slops fed to the invalid. Sugar should be used sparingly, and vinegar, if used, very largely diluted, in order that the medicinal qualities which the tomato possesses should not be destroyed.

Some Jelly Recipes

Save the skins of fruits for syrups, rejecting all decayed spots. Skins of peaches, pears, plums, and also pineapples if thoroughly scrubbed, make delicious syrups for pan-cakes, and can also be converted into nice jellies. Barely cover with water and cook until nearly done; strain and add to the juice measure for measure of granulated sugar and boil down until quite thick; put in bottles and seal carefully with paraffin. The juices of peach skins, if boiled down very strong before adding the sugar will make a soft jelly of very fine flavor. In making any syrup or jelly the fruit must not be cooked done; it should be barely soft, for if allowed to boil to pieces, the finished jelly will be clouded.

Tomato Jelly.—Stew, strain and season the tomato to taste; soak as much gelatin to the quart as you would for any jelly and add to the strained tomato; put into ring moulds, and

when hard, put on individual plates and fill the center in quarters—one quarter to be filled with chopped white or hard-boiled egg, one-quarter with grated yolk of egg, one-quarter with chopped olives and one with mayonnaise dressing.

Crab Apple Jelly.—Cut the apples into pieces without removing seeds or cores, as they improve the flavor of the jelly. Set a stone jar in a pot of hot water; put the apples in the jar without adding water to them (unless they are very dry, in which case put one cup of water to every six pounds of fruit). Let them boil eight or nine hours; leave in the jar all night, covered closely. Squeeze out the juice next morning; allow a pound of sugar to a pint of juice, and put the juice over the fire before adding the sugar; when boiling, put in the sugar and let boil a few minutes—two or three; take from the fire and fill into glasses which have been dipped in hot water. When the jelly is cold, pour melted paraffin wax over it to seal.

Peach Jelly.—Crack a few peach pits and adds the kernels to the peelings of peaches—about a gallon and a half of them; add to this six very tart apples and boil altogether for half an hour; strain, take a pint of sugar to a pint of juice, and boil very hard for half an hour. It should "jell" nicely. Do not try to make more than a quart at a time, as the jelly will be clearer and nicer if made in small quantities.

Canning Time

Once again the work of "gathering up the fragments," the leftovers from the feast which Nature is spreading before us, becomes the duty of the hour. Every recurring season brings us in touch with the beginners—the primary class in housewifely knowledge, and the question of how best to save the surplus against a time of need is ever in our ears. To the experienced woman, the canning and preserving instruction is a threadbare story, but it is a very serious one to the woman or girl who is "taking her first lesson." So we will ask the older housewives to bear with repetitions which seem so needful to their younger sisters.

There is always a right way and a wrong way—the first leading to gratifying success; the second to disappointment and discouragement. To the inexperienced, the work may seem hard and needlessly given to details, but as skill and experience is acquired, like all other well-learned lessons, it is easy enough; but there is no excellence without labor, even though that labor be a labor of love. If the fruit jars have been well washed, scalded and sunned when emptied, the covers cared for and the rubber rings put away safely, or if the jars are new ones, just from the "original package," little need be done except to scald and sun them again, and they are ready to fill. If, however, they have been tossing about, half-cleaned or wholly dirty, the tops scattered and the rings thrown about just as they were removed, the work will be harder. The jars must be clean, and well sunned; the lids, or covers, must be washed and scoured smooth, the edges straightened and fitted to the jar, and the rings must be clean, soft and fitting tight to the neck of the jar. In many instances, new rings must be bought. There are certain conditions which attend all

successful work and the first of these in preserving fruits is that everything used must be as sweet and clean as hot water and sunshine can make it. The fruit must be "as good as the best," and the kettles of proper size, and make, with other things to correspond. Before commencing to can, the learner should read everything on the subject she can find which bears the ear-marks of common sense and authority from experience. There are many excellent items of information floating about in the newspaper columns, but many of the "woman's column" advisers are irresponsible frauds, catching up anything in the line for "fillers," without knowing whether it is worth reading or not. Not every "Home" editor has a fund of experimental knowledge upon which to draw, or by which to measure what is meted out to the readers. There are many excellent recipe books, gotten up by women who know whereof they speak; but books must be supplemented by common sense, and experience alone can teach us some of the most necessary details. Hence, it is well to begin with small quantities, and use not only the recipes, but our best judgment, as well. Use plenty of common sense, and have your fruit just as fresh and well-conditioned as possible, remembering that you can get out of the jar no more or better than you put into it.

Canning Berries

Allow three pints of fruit for the filling of one quart jar. Look over the berries carefully, and if any imperfect ones appear, do not hesitate to throw them to one side. Into your porcelain kettle put one cupful of white sugar and just enough water to start the berries cooking, and as soon as the sugar is melted, add your berries. Cover, and watch carefully, and as soon as they reach the boiling point remove the kettle from the fire, filling the jar to within one-eighth of an inch of the top, filling this space with berries dipped from the juice. Wipe all juice from the top of the can, adjust the rubber (it is well to put the rubber on before filling) and screw on the lid as tight as possible. Invert the can and let remain thus for a few minutes; examine, and if any should be found leaking around the lid, take a small hammer or knife-handle and pound all around the edge of the lid, especially pounding down where the leak appears, taking pains to have the striking done on the lid and rubber alone. Repeat this, until no leak appears, then let the jars stand, inverted, until perfectly cold. If the jar continues to leak, open, empty the contents, reheat, and try another lid; or it may be the rubber that is at fault, but generally, the lid is ill-fitting. Wrap the cans in thick paper when putting them away, as the light affects the color of some fruits, and spoils the flavor of others.

One of the very best helps in canning time is a steam cooker; or an old-fashioned steamer is just as good. The jars may be filled with the uncooked fruit, the top put on loosely and steamed until hot through, filling part of the jars with the contents of others, as the berries settle down when heated. The same care must be taken to have the fruit "boiling hot" in the jar as when canning by cooking it in a kettle. It keeps its "looks" much better when canned by steam, and does not so much lose its shape. When cooked thus, no water is added to the fruit when the jar is filled—the fruit, aided by the steam, will make its own juice. The water

BETTER THAN SPANKING

Spanking does not cure children of bad wetting. If it did there would be few children that would do it. There is a constitutional cause for this. Mrs. M. Summers, Box 118, Notre Dame, Ind., will send her home treatment to any mother. She asks no money. Write her today if your children trouble you in this way. Don't blame the child. The chances are it can't help it.