

# The Home Department

## "Making the Dog Go Back"

Never a sign of Shep about—  
Ah, what a threadbare ruse!  
Down the lane, to the gate, and out,  
Sorry the scamp is loose;  
Visions of trouble close at hand,  
Keeping one on the rack;  
Hard for a boy, you understand,  
Making the dog go back!

Whistled to come, day after day,  
Lured with endearments fond;  
Sniffing you up out in the hay,  
Swimming with you in the pond;  
Chasing your foe with bristling mane,  
Hot on the rabbit's track;  
Wonder it goes against the grain,  
Making the dog go back?

Ha, there he is, low in the grass,  
Only his ears in view;  
Spying the way that you must pass,  
Keeping his distance, too;  
Heedless alike to wile and threat,  
Sneaking away to tack;  
Small returns for your pains you get,  
Making the dog go back!

Another halt, a few rods on,  
And a bootless chase the while;  
The homestead disappears anon;  
But, again, within the mile,  
Shep's bland nozzle is pecking out  
The gate's gaping crack;  
Ready to call it quits, no doubt,  
Making the dog go back!

Many a memory fond is there,  
Dear days that now are o'er;  
And ever the heart is fain to fare  
The old home road once more;  
Only in dreams I now may see  
Old Shep upon my track,  
And morning seems unkind to me,  
Making the dog go back!

—Kansas City Star.

## Gleanings

"Modern Medicine" tells us there is much division of opinion, even among medical experts, as to whether or not drinking at meals should be encouraged or interdicted. Dyspeptics suffer from one of two opposite conditions—either too much or too little acid in the stomach. In case of deficient acid, drinking aggravates the trouble by diluting the gastric juice; when too much acid, the dilution encourages digestion. Persons with dilated or feeble stomachs should drink very little. As few of us can say to which class we belong, we will have to stumble along, doing what best "agrees" with us.

The modern, machine-made lunch-counter pie must go. It is declared to be a menace to health, as the benzoate of soda used as a preservative is damaging to the stomach. Even the pie that "mother used to make" is declared against, on general principles.

According to the Woman's Medical Journal for October, 1906, the German government is imposing fines for the women who persist in wearing long skirts on the street, as physicians insist that the dust found on women's trains contains germs, bacilli and poisonous growths of portentous multitudes. Women who drag their skirts through the dust of the streets carry home to their families the horrible accumulation of death-dealing germs to be found only in such places, and in so doing advertise either that they are lacking in good sense, or are

criminally ignorant. The gospel of cleanliness and sanitation should be constantly preached to them. Let us cling to the short skirt.

The Medical Adviser tells us we should rinse our mouths after eating, with a diluted (not too much so) quantity of peroxide of hydrogen, or dioxogen, as a disinfectant, to be followed by a wash of tepid water in which a few drops of listerine or witch hazel have been poured, as a healer. Especially should persons with decayed teeth do this. Cleanliness in all things is the only sure way to get and stay well.

## Some Pickle Recipes

**Mustard Pickles**—Two quarts each of onions, cucumbers, cauliflower, green tomatoes, and a half dozen large green peppers. Measure after chopping, and sprinkle over them a pint of salt, leaving stand over night. Drain in the morning and scald in vinegar enough to cover, to which has been added a lump of alum as large as a hickory nut. Scald until tender. Let cool, and when cold, add two or three chopped heads of celery, and pour off the vinegar. Then make a dressing in this wise: One pound of ground mustard, half ounce of tumeric, one cupful of flour, half an ounce of celery seed, and two cupfuls of brown sugar. Stir this into one gallon of boiling vinegar, then, when thoroughly blended, put in the pickles and boil ten minutes. Seal in small bottles.

**Stuffed Mangoes**—Use small green cantaloupes, about the size of a pint bowl. With a sharp knife cut out one section, and remove the insides; then replace the section, tying in place with a cord. Prepare as many as you wish, and put them in a brine strong enough to float an egg, and leave a month to six weeks, being sure they are well weighted down in the brine. Take out and soak in fresh water for twenty-four hours, wipe dry, take out the section and fill the melon with a stuffing prepared as follows: Scald, scrape and chop fine half a pound of rice ginger; add half a pound of scraped horseradish, two whole nutmegs grated, one ounce of whole black peppers, half an ounce of mace, a dozen large onions peeled and chopped, one ounce of tumeric and a small sized box of best ground mustard. Pound and mix the ingredients together, and smooth into a paste with just enough olive oil; fill this into each melon, packing it tightly, replace the section and sew it to the melon. Pack these into a jar large enough to hold them, boil enough vinegar to fill the jar, putting into the vinegar one half ounce each of ground cloves, ginger, mace, and allspice, letting it boil a minute; then pour over the mangoes while boiling hot. Cover the jar very closely, and let stand as long as you can, as they improve with age, but may be eaten after three months.—E. M.

## Some Timely Recipes

**Rhubarb Jelly**—July is the month in which to make rhubarb jelly, and here is the way to make it: Choose nice, tender stalks, wash, and cut into inch lengths without peeling; lay them in a porcelain lined vessel and cover closely. Do not add water, as there should be sufficient moisture from the washing to start them, and let them steam until very soft, then turn them into a sieve or colander and let drain over night; or the rhubarb may be put into a cheese cloth bag, as preferred; allow one pint of sugar to each pint of juice. Set the

juice on the stove and let simmer for ten minutes, or until it begins to thicken on the edges, then add the sugar and let simmer till it jellies on the spoon, or when dropped on a cool surface. Remove carefully while cooking any scum that may form, and when it jellies, turn into tumblers or glasses, and when cold pour over the top one-fourth inch of melted paraffine. This is excellent to be used with meats.

**Green Peas**—After shelling the peas, wash the pods nicely, rejecting any damaged ones, and boil five minutes or so in water; drain the water off and turn the peas into it and cook as usual, adding a very little sugar, with salt, pepper and butter. The water from the shells adds to the flavor.

**Sweet Apple Preserves**—Make a syrup of three-fourths of a pound of sugar for every pound of apples, to which add the juice of one lemon, or add the lemon sliced very thin. Peel, quarter and core the apples, boil in the prepared syrup until transparent, but not long enough to allow them to break to pieces; then place them carefully in a jar. Boil the syrup down thick, pour boiling hot over the apples in the jar, and cover closely with oiled paper. Or, put the apples in self-sealing jars.

## "Furred Kettles"

A reader asks if any one has ever succeeded in keeping the "crust" out of the tea-kettle by leaving an oyster shell in the kettle. We see this method recommended frequently, but I have never known of any one using it successfully. My own experience has, until within a very short time, been with soft, or rain water. The lime crust that all water except rain or cistern water leaves on the inside of a kettle may be loosened by boiling a strong solution of potash, or sal soda, in the kettle for a few minutes, then letting it stand until the water gets cold, is recommended. If the kettle can be allowed to get very hot (without danger of melting the seams) the crust will crack and peel off. This can be done with an iron or copper kettle, but is not advisable in case of the copper vessel.

## Pickled Peppers

Use the large, sweet, bell peppers, just before beginning to turn. Make a small incision at the side, and take out the seeds, being careful not to tear the pepper; soak the peppers in a brine strong enough to float an egg for two days, changing the brine twice. Make a stuffing of tender, white cabbage, and green tomatoes, chopped and seasoned with spices as for melon mangoes, or chop onions, red cabbage, nasturtiums, mustard seeds and a little mace, grapes and cucumbers, as for mixed pickles, stuff the peppers full, sew up the incision, lay in the jar and cover with spiced vinegar. The vinegar may be poured over the pickles, boiling hot, with the addition of a cupful of brown sugar if liked, and the process of boiling repeated for four mornings, then the pickles should be closely covered.

## Preserving Child Life

A writer quoted in American Motherhood, says: "The preservation of child life must depend largely upon the dissipation of maternal ignorance. Until mothers are enlightened, the infantile death rate must remain needlessly and unnaturally heavy. And so long as industrial occupa-

tions absorb our young girls in the very years which should be spent at home in practical training for the responsibilities of wifehood and motherhood, there must continue to be a very large number of marriages productive of poverty, misery and disease, because of the ignorance and inefficiency of the wives. So long as such industrial conditions prevail, ignorance will continue to sap the foundations of family life and mock our efforts at reform. In such important matters of domestic economy as knowledge of food values, and how to spend the family income, what but failure can be expected when a young woman graduates from mill labor to wifehood?" And the problem of how to give these girls the necessary training while they are dependent upon their work for their living, grows. How shall it be solved?

## Gluten Bread

Gluten flour may usually be had of grocers, and is a very healthful breakfast bread. In making the dough, use only water, as milk has sugar in it, and sugar is objectionable for kidney sufferers. A teaspoonful of baking powder to a pint and a half of flour is used, with a tablespoonful of lard, with a little salt. Knead the dough until quite smooth, and roll thin, cut into wafers and bake in a quick oven. Whole wheat flour baked in this way is very good.

## Some Pickle Notes

Only the best cider vinegar should be used for making pickles, and only porcelain lined or agate ware kettles should be used to make them in. If making large quantities, a hard wood keg may be used, but earthen jars are best; for small quantities, bottles or fruit jars or earthen pickle jars are best. Do not use any vessel that has contained grease, or that smells musty. Keep the pickles well under the brine or vinegar, as even a little piece sticking out will spoil the rest. Use coarse, barrel salt, and if mustard, horseradish, or cloves are used, let it be rather under than over enough.

## Oklahoma

I give you a land of sun and flowers  
And summer the whole year long,  
I give you a land where golden hours  
Roll by to the mocking bird's song;  
Where the cotton blooms 'neath the  
southern sun;  
Where the vintage hangs thick on  
the vine  
A land whose story is just begun,  
This wonderful land of mine.

A land where the fields of golden  
grain  
Like waves on a sun-lit sea  
As it bends to the breezes that sweep  
the plain  
Waves a welcome to you and me  
Where the corn grows high 'neath  
the smiling sky,  
Where the quail whistles low in the  
grass,  
And fruit trees greet with a burden  
sweet  
And perfume the winds that pass.

## CHORUS

Oklahoma, Oklahoma, fairest daughter  
of the west;  
Oklahoma, Oklahoma, 'tis the land I  
love the best.  
We have often sung her praises, but  
we have not told the half;  
So I give you Oklahoma, 'tis a toast  
we all can quaff.  
—Harriet Parker Camden.

Do not neglect to plant for late vegetables for canning. Many things will mature sufficiently for putting up if planted quite late, and the putting up may be done out of the rush season. June is a good time to plant many things for pickles or relishes.

AN OLD AND WELL TRIED REMEDY.  
Mrs. Winslow's SOOTHING SYRUP for children  
teething should always be used for children  
while teething. It softens the gums, allays  
all pain, cures wind colic and is the best remedy  
for diarrhoea. Twenty-five cents a bottle.