

# The Home Department

## The Heart's Cry

All day and night, all day and night,  
I sit in my darkened room alone;  
Come, thou, whose laughter sounds  
so gay,  
Come hither—for charity come! and  
say  
What flowers are faded and what  
are blown.

Does the great, glad sun, as he used  
to, rise?  
Or is it always a weary night?  
A shadow has fallen across mine  
eyes,  
Come hither and tell me about the  
skies—  
Are there drops of rain? Are there  
rays of light?

Keep not, dear heart, so far away  
With thy laughter light and low;  
But come to my darkened house, I  
pray,  
And tell me what of the fields, to-  
day—  
Or lilies or snow? Or lilies or  
snow?

Do the hulls of the ripe nuts hang  
apart?  
Do the leaves of the locust drop  
in the well?  
Or is it the time for the buds to  
start?  
O, gay little heart, O, gay little  
heart!  
Come hither and tell; come hither  
and tell.

The day of my hope is cold and dead;  
The sun is dead, and the light is  
gone;  
Come hither, thou, of the roses red—  
Of the gay, light heart and the gold-  
en head,  
And tell of the dawn—of the dew  
and the dawn!

—Alice Cary.

## Strawberries

The strawberry season is with us, and one can hardly have this delicious fruit served in too many ways. Among the most enjoyable forms in which it may be served, after the fresh, ripe fruit, is in the form of ice cream. Here is a good recipe: Put one quart of cream and one pint of milk in a pail and set in a vessel of hot water (a double boiler is best), and when the top of the cream wrinkles, add one pint of sugar thoroughly mixed with four tablespoonfuls of flour and stir until the mixture is creamy. Then add one quart of strawberries which have been mashed to a pulp and rubbed through a fine sieve and sweetened with one pint of granulated sugar. Cook for fifteen minutes more, then remove from the heat and add one tablespoonful of extract of vanilla, if liked, and set aside to cool. When cold, put in a freezer and freeze as any other cream. This recipe makes three quarts of frozen cream.

**Short-cake**—Put into a mixing bowl four cupfuls of flour and three heaping teaspoonfuls of baking powder; stir or sift together thoroughly, then add half a cupful of sugar, working it in the same way; add slightly more than a cupful of sweet milk, mix with the other ingredients, but handle as lightly as possible and quickly in order to have the dough very tender. Sprinkle flour on the molding board and roll the dough over on this two or three times, but do not knead or mold. Run the rolling pin over this, or press out with the palm of the hand,

well floured, keeping the edges in good shape. Sprinkle flour in a shallow baking pan and put in the layer of dough, which should be about three-quarters of an inch thick, and bake as you would biscuit dough. When done, with a hot knife blade slice through the middle of the loaf, making two layers; butter both layers generously, pile sugared berries on one, and lay the other on top of it. This is a real "grandmother's" strawberry short-cake recipe. Serve hot.

## Where Closets are Lacking

There are so many ways of making "closets" where none exist, that the woman who allows her clothes to hang with no protection from dust is becoming the exception. Where there is a corner, or a space between a door and a corner, it may be made into a first rate closet by putting up a shelf as long and as wide as you wish, or as the space will allow. In corners the shelf should be a triangle. On the top of the shelf may be set hat, or other boxes; and in the under side of the shelf screw as many hooks made for under sides of shelves as you have room for. Then get a window shade as wide as your shelf is long, and use as you would a shade, running it up and down as needed. Or the front may be closed with a curtain, both top and bottom of which may be held in place by a brass or other rod on which it can be shoved to and fro; or the closing may be simply a curtain, with a rod for the top, the bottom end left free. If one is a careful housewife and allows no vermin on her bedding, a set of hooks may be let into the back of the head of the bedstead, if the wooden frame is used; but unless the bedding is kept perfectly free from such pests, this would not be advisable. Where it is so easy to keep free from such things, however, no woman should allow them to exist.

## On Wash Days

One who is a thorough housewife is very much inclined to envy her sister housewife who has a "clothes yard," with a grass carpeting, and where the sunshine and wind can circulate freely among the folds of the wet "wash." Where the convenience of the "wash lady," whether she be the "home queen," or hired laundress, is consulted, the clothes can all be hung on the line from the steps of the wash house by suspending the line on a pair of pulleys. Where the yard is somewhat limited in space, the line should be hung on pulleys, or on hooks, wherever it is attached to supports. Line is cheap, and so are clothes pins, and regular hooks for hanging the line are also cheap. One of the "dryers" that occupy but a little space is a convenience; and may be had for about ten dollars, can be taken indoors and folded like an umbrella. A very good imitation can be made at home.

## For the Housewife

A writer in National Food Magazine says, in relation to the bleached flour decision: "The housewife will now insist on yellow tinted or creamy flour and will learn to realize that a natural flour very white can in no manner compare with the creamy or yellow flour insofar as

glutens and muscle building values are concerned. As 85 to 90 per cent of the large flour mills of the country are using the bleaching process, the decision of the government experts is far reaching." Any one who has "used their own flour" in the long ago, will remember how much better flavored the breads of the old home were than any that can be made today of the bleached flours.

The department of agriculture has lately shown that the so-called "polished" coffee should be looked upon with suspicion, by the seizure and examination of a lot of coffees shipped into a neighboring state. The stuff was labeled "polished coffee," and had the appearance of having been subjected to some sort of varnishing. Samples were sent to Washington for analysis, and under the investigations of the experts, it turned out to be a coating of lead chromate; this poisonous coating was given the berries in order to conceal its inferiority and to lead the consumer to believe he was getting something which had been carefully selected and laboriously polished.—Colman's Rural World.

**Proportions.**—One cupful of sugar will sweeten one quart of any mixture to be served chilled or frozen. One teaspoonful of extract will flavor one quart of custard or pudding. One level teaspoonful of salt will season one quart of soup, sauce or vegetables. One tablespoonful of extract will flavor one quart of any mixture to be frozen. Ordinary French dressing is made of three tablespoonfuls of olive oil, one and a half tablespoonfuls of vinegar, one-fourth level teaspoonful of salt and level teaspoonful of pepper, and will moisten one pint of salad. One tablespoonful of milk or water should be allowed for each egg in an omelet. Four eggs should be allowed to each quart of milk in making cup custard. Four to six eggs should be used to each quart of milk in making custard to be turned from a mold. Rice will absorb three times its measure of water, or a larger quantity of liquid if milk or stock is used. One ounce of butter and half an ounce of flour are used to thicken one cupful of liquid for sauce.

## For the Laundry

With the advent of warm weather, the laundering of lawns and muslins becomes of interest, and here is a good starch recipe: To make thick starch use eight times as much water as starch, and a quarter of a teaspoonful of paraffin wax, borax or spermaceti to one quart of water, adding salt if the goods are likely to fade or the colors to "run." All these ingredients should be added when the starch begins to cook. Thin starch should have twice as much water as thick starch, but thick starch may readily be thinned to suit, using hot water. Starch to prevent sticking, should be thoroughly cooked, and clear in color. Make a thin paste by blending the starch with sufficient cold water to prevent its lumping when boiling water is added—it should be about the consistency of good cream, and the water to be added should be boiling when poured into it, stirring the mixture fast as it thickens, beating out any lumps that may form, as it is apt to do if the cold starch is not thinned sufficiently. When all the boiling water is added, cook over,

heat, or set into a kettle of boiling water, stirring, and let cook about five minutes. Keep covered and hot until ready for use.

Keep all laundry vessels and machinery clean, and when done using on wash day, clean thoroughly before setting them away. The clothes pins and line and clothes sticks should be kept in calico, or cloth bags, and the kettles should be dry and hung up.

Wash day loses much of its terrors if everything is put away after use, ready for the next time, clean and free from rust. If possible, have a washing machine, and if one can have a wash room, with laundry stove—an old stove will do—and all supplies be kept in the room, it will add much to the convenience of the family laundress.

## Rhubarb Ways

If properly cooked, rhubarb is one of our best spring "fruits." The stalks should be gathered fresh, and should not be peeled, as much of the flavor and most of the color is lost by this means. It is best to cook a very little at a time, letting it get quite cold before serving. A nice way to cook it is to cut it, peel and all, in quarter-inch length pieces and sprinkle a little sugar over it, leaving it to stand over night; this will extract the juice, and it can then be cooked in a very few minutes, always keeping the vessel covered while it is cooking. Another way is to sprinkle with sugar, cover, and set in the oven, where it will cook slowly. There should never be any water added, if it can be avoided, but if water is necessary, use only the least possible amount. Cook always in porcelain-lined earthen, agate or enameled ware—never in tin, copper, brass or iron. Many prefer to cook it without the sugar being added until it is done. Do not cook it until it "mushes," but let it be perfectly tender and done. For canning, the stalks should be cut in short lengths, the sugar sprinkled over it the night before, and in the morning, the vessel containing it set in the oven, closely covered, and when done, can and seal as other fruits. The cold water process is not always satisfactory, and much of the flavor is lost in the process. Rhubarb jelly is easily made, and is much liked by many people. It is a "healthy" food, and is inexpensive. For canning and preserving, June or July is early enough, as the stalks are not then so juicy.

Currants are said to contain valuable acids such as tartaric, citric and malic, in proper proportions for wholesomeness. They are said to be refrigerant, antiseptic and anti-febrile, and should be more largely used as a food than they at present are.

## Cleaning the Oil Stove

There are so many makes of oil stoves that only general directions for the cleaning can be given; yet in order to do satisfactory work, the stove must (not should, but must) be kept clean. First, remove the upper reservoir, unscrew the cap at the end of the tube and pour out the oil. Unscrew the caps from the pipe, remove the wicks and lay them aside. Make a strong lye water and fill the lower reservoir, leaving it stand for some time. Boil the caps in lye water until the dirt comes off readily. Take a small wire and run down in the small tubes until the lye will run through easily, then

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