

# The Home Department

Conducted by  
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## The Awakening

How little do we know or care  
Of Poverty and Want,  
Until abroad those creatures fare  
To pause, red-eyed and gaunt,  
Upon the threshold of that way  
Where Plenty guarded yesterday;  
And then to cast their venomous darts  
All stained with blood of men,  
To hidden corners of our hearts  
Again and yet again.

How little do we ever feel  
Of sympathy for Woe,  
Till Sorrow as a thief doth steal  
Our joy and tread it low,  
Or send to us some bitter shame  
To tarnish an unblemished name,  
Or yet Despair on vulture wings  
Doth fall upon the heart,  
And fiercely tear the tensioned  
strings  
Till blood of life doth start.

And so it is we better learn,  
The height of joy when we  
Through our own sorrows may discern,  
The depth of misery.  
—Amarita B. Campbell.

## The Swastika

The swastika is a religious emblem which has been handed down from prehistoric times. It was in use in India fifteen centuries before the Christian era, and appeared in Europe about the middle of the bronze age, and was in use among the earliest inhabitants of North America. Five perfect swastika crosses of hammered brass were found in a mound in Ohio. The swastika is emblematic of the Deity, and is used as a talisman or charm, being the symbol for benediction, blessing, good health, long life, good fortune and prosperity.

## Mistreatment of Babies

The hot, humid weather of the past summer has been particularly hard on the babies in arms, but hard on any under five years old. Not alone has the "little white hearse" frequented the poorly ventilated homes of "poverty row," but from the homes where better sanitation and sensible care should be evident, the little darlings have passed out to the silent city. "Careless feeding, poor attention, neglect of cleanliness, unsuitable clothing" say the physicians, but one and all will tell you that a great share of the mortality among tiny little ones is due to the ignorance of the parents—principally that of the mother, who is often but an ill-taught girl who has been allowed to assume the responsibility of motherhood without the slightest idea of what it means, but in great measure that of the father who is never supposed to need any knowledge of nursing, or the demands of the sick room. It is a pitiful fact that, while many of our supposedly wisest people are clamoring for a greater number of births, there are so few voices raised to demand a better care for those already sent to us. Until very recently, it was looked upon with horror to suggest that young people of both sexes should be taught the lessons of parenthood, and impressed with the fact that they should have at least a rudimentary knowledge of what the responsibility consisted in. Even now, very few people demand that their boys should be taught to care for the babies—that must be left to the mother! Yet it is a rare thing that even the girls

are given any instruction along the lines of family nursing. Many of these mothers whose little ones die from mistaken treatment or ignorant neglect are graduates of colleges, or otherwise well educated (so far as book knowledge is concerned) young women. Yet, try as they may to fight the battle for the life of their idolized baby, the grim Reaper gathers them because of the wretched ignorance of the parents of even the first principles necessary to the successful warfare.

## Food for the Babies

In the second volume of Dr. Foote's "Plain Home Talks" are given the following formulas for foods suitable to the hand-fed, or bottle-raised baby. No special directions for their use can be given, as every baby is "a law unto himself" so far as the suitability of food is concerned. Much of it must depend upon the intelligent observation and study of results by the mother. Barley water, made by boiling the barley in water and straining, is used to dilute cow's milk instead of unboiled or plain water. As the water does not keep long, it must be made daily. About one tablespoonful of ordinary pearl barley is washed, and boiled for an hour in one quart of water, then strained and allowed to cool, when it is ready for mixing with the milk. The amount of dilution depends much upon the age of the child and its digestion. Half the amount would be better made, so it will not become stale. The white of a perfectly fresh egg, beaten up in a teacupful of boiled and cooled water, is excellent for the bottle-fed baby when suffering from looseness of the bowels.

As cow's milk may be acid, and as infants require an alkaline food solution, use lime water to correct the acidity—one teaspoonful of lime water to sixteen of milk is about right. Lime is so little soluble in water that enough can not be dissolved to make an overdose.

Oatmeal jelly, for the child of six months or more, is made by soaking four ounces of oatmeal (not rolled oats) in a quart of cold water for twelve hours, then boiling this down to a pint, being careful not to scorch, then strain through a cloth while hot. A jelly forms as it cools, and equal parts of jelly and cow's milk are the proportions.

Sometimes condensed milk of a first-class brand agrees with the baby better than cow's milk fresh, and in other cases, some one of the prepared baby foods will give the best results where the milk can not be taken. The effect of any of these must be carefully noted by the mother or nurse. It is a pity that every child can not depend for subsistence on the natural fountain.

## Correspondence

"A. M." wishes to know something about the rules regulating correspondence in regard to the mechanical part of it. First, the writing should be legible, and without undue flourishes, using black ink. The stub pen is in good style, with its broad lines, while the thin lines of the pointed nib are out of date. However, in this, one may suit one's self, as not every one can write with both the stub or the pointed pen. The letter should contain no abbreviations, erasures, blots, misspelled

words, grammatical errors or numerals. The date must be written out in full, thus: "The third of August," or "August third." Words must not be run together, and a margin should be left at the beginning of each line. The observing of paragraphing is important, and no sheet should be written over twice—one writing extending from side to side, while this is written over from end to end. Except among dear friends, such a letter will be apt to be slightly read. The "lined" sheet of paper is not used, but if one can not write a straight line, there are sheets of paper, heavily lined, that may be slipped under the writing paper. Such a sheet usually comes in the box with correspondence paper. However, we are all too glad to get messages from our friends to be hypercritical. Give us the letters the best you can write, and do cut out redundancies and useless phrases. Make the lines say something.

## The New House Dress

One of the most sensible fashions for the housewife is the revival of the one-piece dress to be worn about the work of the home. The skirts of these dresses are comfortably narrow, trim, short, and without superfluous trimming to rumple and soil, or to catch on "things" when going about the work. They fasten down the front, from the shoulder to the bottom of the skirt, fastened with buttons. They are easy to put on and off, easy to launder, and not difficult to make.

## For the Laundry

Napkins, doilies, tray-cloths and center-pieces should be ironed single; embroidered pieces, only on the wrong side, but napkins should be ironed on both sides, and each piece must be ironed over and over again, until perfectly dry, smooth, and glossy. Doilies and center-pieces ironed the same, but only the napkins folded.

Linen, especially that which is even slightly starched, should be thoroughly dried before sprinkling, and should be sprinkled and folded down the night before, and set in a cool place where it will not mildew. The sprinkling must be thoroughly done—not slightly, as we sprinkle cotton, but every thread of the linen must be almost wet, and herein lies the secret of smooth, glossy linen. To iron this wet linen, will require a very hot iron and care that it is not scorched. The linen must be gone over and over until thoroughly dry under the iron. No portion of it must be left even slightly damp. This applies to ironing garments, as well as table linen as, if not carefully ironed, it will appear rough and wrinkled, and will not stay clean long.

## Home-Made Citron

A fair substitute for the commercial citron may be made from the common citron melon. Take a sound, ripe melon, cut into pieces of convenient size and let stand in alum water over night—a piece of alum the size of a walnut to a gallon of water. In the morning drain through a colander, and rinse with clear water poured over it. Put over the fire in clear water and boil until tender. Allow a pound of sugar to a pint of the water in which the

melon is boiled, and cook the fruit until it is transparent and the syrup very thick. Leave in the syrup for four days, then boil up again, adding a little water if the syrup is too heavy. Repeat the process again, and then take the fruit out of the syrup, lay on plates to drain, sprinkle with sugar and dry in the hot sunshine or in a slow oven until like the imported article. Pack between layers of paraffine paper, and sprinkle well with sugar.

## "The Magic Stick"

Have you tried the new method of preventing the contents of the pot from boiling over? A writer in the Woman's Home Companion says: "When you want to boil anything quickly, like cider for apple-butter, or other liquids for reducing the amount, place a stick across the top of the vessel in the center, and it simply can not boil over. Try it and see. For a large kettle, it is better to use two sticks, crossing them. For the wash boiler, in the laundry, this is good, too. Use a stick kept for the purpose, if you can; but if not, substitute a piece of kindling; a stick two inches wide and half an inch thick, of suitable length, will answer." Try it, and report. It is a demonstrated fact that a very little bit of butter added to the contents of cooking vessels, like the coffee pot, etc., will prevent its boiling over.

## Some Catsup Ways

In making catsup of tomatoes, use as little spices as possible, especially those that darken the color, such as cloves and allspice. A writer in Farm and Fireside gives the following way to make red catsup: Get a common soap-shaker, to be had for ten cents at the department stores, and put your whole spices in this, and drop it into the boiling catsup. The perforations are small enough to retain the spices, but allow their strength to pass to the catsup. It is said the red color will be preserved.

Another way to make the catsup is to boil the tomatoes until soft, with slices of onions and salt, to taste, then rub through a sieve to remove the skins and seeds, and boil down until thick. Boil up the vinegar once, with sugar and ground cinnamon to taste, mix with the thickened tomato pulp, and seal up in small bottles while boiling hot.

In making catsup, or any other relish, only the porcelain-lined or enameled ware vessels should be used—never tin, nor iron, nor chipped or cracked agate, enameled or porcelain-lined, as the contents coming in contact with the inner metal of the vessel, will be injured.

## Pickles and Relishes

(We have a handful of recipes for pickles, relishes and sauces which the senders assure us are first class, but proportions of ingredients are not given; neither is the amount or kinds of spices used in them designated. Such recipes would be useless in inexperienced hands, hence we can not use them. Always give proportions and ingredients.)

Mustard Pickles—One quart of sliced onions, one quart of sliced green tomatoes, one quart of large cucumbers, seeded, peeled and cut in pieces, one medium head of solid cabbage, four sweet green peppers, sliced. Chop all the vegetables fine (with a food chopper preferably). Make a brine of one pint of coarse salt to one gallon of water, and cover the vegetables with this brine, let stand twenty-four hours, then scald the whole batch, turn in a colander and drain well. Mix one cupful of flour, three tablespoonfuls of ground mustard, one tablespoonful of tumeric powder, with enough cold