



The Home Department

Conducted by
Helen Watts McKee

"The Cruse that Falleth Not"

Is thy cruse of comfort wasting?
Rise and share it with another;
And through all the years of famine
It will serve thee and thy brother;
Love divine will fill thy storehouse,
Or thy handful still renew;
Scanty fare for one will often
Make a royal feast for two.

Will some one please supply the rest of this beautiful poem, and oblige several readers who have asked for the words. The poem was written by Mrs. Elizabeth Rundle Charles, an English writer best known as the author of *Chronicles of the Schonberg Cotta Family*.

Women as Wage-Workers

The fact that four million women in the United States are working outside the home does not worry one who looks at it in the proper light. It is a very simple situation, as has been said before, a very logical sequence of very clear-cut conditions. Woman has become a wage-earner not voluntarily, or as some assert, to attain freedom and independence, but through sheer necessity; a dynamic necessity that is a result of her education as a sex, and a different view-point toward herself. It is not her apathy toward marriage, nor an enfeebled interest in being taken care of, that leads her to engage in non-domestic work. She is just as willing for some one to take care of her as she ever was; this willingness is not essentially feminine; it is human nature. Necessity drives her into fields once restricted to men; the necessity may be veiled. When the word "necessity" is used, there is at once a picture of poverty and starvation; this, of course, is rarely the necessity that drives women to non-domestic work; but the hardest and most bitter necessity frequently has no poverty, and never starvation. The real origin of this so-called invasion of women into industrial fields can be found in the undeniable fact that there are not enough men capable, or at least willing, to offer the proper sort of existence to a woman. To marry for the sake of marrying would frequently entail a sacrifice, mental and moral, that she rightly is unwilling to make. To exist, women must command the necessities of existence, and these she finds she must earn, if she would live.—Madame.

The Cause of "Hard Times"

Statistics show that more than one-half of the income of the people of the United States is spent for food and food accessories. Yet, to look at the waste of this material, not alone on the farm, where food value is seldom counted, but in cities and villages where every morsel has a money value, one would think it the most inexpensive thing in the world. To realize the reckless waste of foods one has but to look into the backyards of many people in the country places, or in the outskirts of cities where a system of garbage collection is not in vogue, or into the garbage cans where it is, to see how very large a part of the family income is thrown out in this form. On the farm, the family that throws such materials out in the yard generally has a dog, or several dogs and other animals that act as scavengers, and the waste is not so noticeable; but a great deal of it also goes into the

slop pail to go to animals at the barn yard. We all know the story of the woman who told the garbage collector that the family ate the garbage; but we do not all take the lesson to heart. Nearly every scrap of left-over could be re-dished in some attractive form, and again served to be eaten. But a better way would be to have as few left-overs as possible. Girls and boys should be taught that the throwing away of the crust of bread, or the half of an apple, etc., is just throwing away that much money. Unhappily, men nor women are taught very strict laws of economy, and they will go on wasting their hard-earned wages until the end. Many of them look with scorn on the saving of the fragments, as marking them as "stingy," or "close."

To Prevent a Cold

A physician tells us the following: A cold is the result of a stoppage somewhere of the free circulation of the blood, to which one is first sensitive through a chill. The chill is so slight at times that only the preliminary sneeze warns us that we are in the track of a cold. One of the first things to do in this case is to inhale three or four deep breaths, expand the lungs to their full capacity, holding every time the air as long as possible, then slowly letting it pass out through the nostrils. By doing thus, the inflation of the lungs sets the heart into quickened action, and the blood is driven with unusual force along its course, entering even the tiniest veins. This radiates a glow down to the toes and fingers, and sets up a quick reaction against the chill. The whole effect is to stir the blood and set it in motion as if from rapid exercise. Try this method for cold feet and hands. Keep the blood in rapid action, and use the deep-held breaths when the first chill is felt. Teach the children, also, to try this method. If where it can be done, it is all very well to retreat from the moist atmosphere and put on heavier clothing, but the main thing is to keep the life-current moving rapidly. For cold feet on going to bed, this is better than an artificial foot warmer.

For the Home Seamstress

Do not attempt to do the family sewing unless you have your machine thoroughly cleaned, oiled and in good repair. Get your material all together, cut out as many garments as you can at one cutting, and be sure you have your scissors well sharpened, pins, chalk, and patterns all at hand. Buttons, pins, needles, hooks and eyes, tapes, fasteners, braid, bones, stiffening material, belt foundation, cotton, linen and silk threads, tape measure, cutting board or table and sharp scissors and shears. Button-hole scissors are a great convenience which may be classed as a necessity. Get a good quality of steel. When you have decided how, and how many garments you are going to make, cut out every part of the garment and fold all together before you attempt a second garment. Finish one garment after another, and then take another day for buttons and button-holes, and other finishings.

If the shoulder seam of the back portion of the waist of a garment has too much slope, rip these seams to within an inch of the armholes

and baste again to take out the straight wrinkle across the neck just below the collar. Make the neck-end of the seam about a quarter of an inch nearer the center of the back. The neck may need a little trimming for the collar line. It would be better to rip the seams, put on the waist, pin the back securely at the waist line and let some one else pin the shoulders of the front and back portions together, smoothing, but not stretching the material up toward the neck to adjust it evenly and correctly. Very few women can satisfactorily fit their own garments.

Query Box

D. E.—To remove the scratches from the furniture, mix one-half pint of sperm oil with one tablespoonful of turpentine, and apply to the disfigured surface with a woolen cloth, rubbing the oil well in.

Mrs. Lillian Sheeder tells us that, if the hot griddle is rubbed with salt, the buckwheat cakes will not stick. We think, however, that "Inquirer" referred to the cakes, themselves, being sticky, instead of being crisp. Thanks for the reply.

T. O.—For making green ink, rub three and one-half drachms of Prussian blue and three drachms of gamboge with two ounces of mucilage, then add half a pint of water, and mix thoroughly. For yellow ink, triturate gamboge with water, using sufficient for the desired color, then add a little powdered alum.

M. V. S.—Tells us that if Miss Alice T. will wash her mouth, teeth and gums with warm salt water, weak at first, but increasing in strength, several times a day, then, after each bath, rubbing with a few drops of camphor on a soft cloth, it may help her.

M. S.—For everything but biscuit, we are told that soda should be dissolved in warm water and added the last thing, as nearly as possible. (See answer to Beginner.) For biscuit, sift the soda with the flour, sifting several times to thoroughly mix. Cream tartar and sour milk must not be used together, as both are acid.

Beginner—Add half a level teaspoonful of soda for every cup of sour milk, unless the milk is very sour, in which case a little more must be allowed. This is quite enough for leavening ordinary layer cakes, but for biscuit, griddle cakes, crackers, and all cakes requiring much flour, add one rounding teaspoonful of baking powder.

For Rheumatism

In cases of acute rheumatism, it is claimed that cotton batting is better than wool for wrapping the afflicted limbs, or for covering, as it entirely excludes the air and generates a warmth which does much to alleviate the pain. The arm that has ached persistently, with a dull, heavy ache with sudden sharp twinges in various parts of it, will be much benefited if swathed in cotton batting and kept warm. When leaving off the batting, after relief is obtained, it should be followed with something a little less bulky, in order to gradually accustom it to air.

Rheumatism is very greatly relieved in many cases if constitutional treatment is used together with the local applications. Many times if the general health is improved, the

rheumatic pain will pass away of itself. "There is a reason," and it is well to find it out.

Requested Recipes

Fancy Turnovers—One cup of sugar, two and one-half tablespoonfuls of butter, two eggs, one cupful of milk, one-fourth teaspoonful of cinnamon, two cupfuls of flour, two and one-half teaspoonfuls of baking-powder, one-fourth teaspoonful of nutmeg grated, one teaspoonful of salt. Cream the butter with half the sugar; beat until light, then add the remainder of the sugar well beaten with the eggs; add the flour (with the salt and baking powder sifted with it) and spices; knead lightly, roll out the dough one-fourth inch thick, and shape with biscuit cutter; place a spoonful of jelly on half the cake (or any cooked fruit liked), turn the other half over it, pinch the edges closely together to secure, fry in smoking hot lard, lift out and drain on brown paper and roll in powdered sugar.

Parsnips—Wash, scrape and boil for one hour, or until tender. Drain and dash cold water over them, to remove skin; cut into slices and sprinkle with salt and pepper, dip in melted butter; then roll in flour and fry in butter or drippings until brown on both sides. Or the parsnips may be put in the oven and baked; or they may be mashed, seasoned and served with butter sauce.

German Potato Salad—Wash and boil six medium-sized potatoes; when done, drain off the water and peel and slice while still hot; season with pepper and salt, celery salt and a little finely minced onion; beat one egg stiff, add to it two tablespoonfuls of melted butter, then drop in gradually beating, one-half cup of vinegar sweetened with one tablespoonful of sugar. Pour this dressing over the potatoes, toss lightly, put into a salad bowl and garnish with parsley and hard-boiled eggs.

Sauce for Pudding—Whites of two eggs beaten stiff, three-quarters cup of sugar, juice and grated rind of one lemon; add one cup of scalding hot milk, slowly, beating.

Contributed Recipes

Broiled Sheep's Kidneys—Secure them with the suet attached, then remove only enough to form a border about each slice when the kidneys are split in two lengthwise. Brush the flesh with butter and broil over clear coals for eight or ten minutes; dust with salt and pepper and serve.

Baked Apples—Wash and take the core out of as many apples as will fill a pan; put into the pan water to half fill it about the apples; fill the hole from which the core was removed with sugar, butter and a little cinnamon, set in the oven and cook slowly until they are perfectly done; the water should be jellied with the juice of the apples. Lift the apples out carefully and pour the jelly over them.

Apple Angel Food—Select good cooking apples and if possible a kind that will be white and clear after being cooked; stew until thoroughly done, then beat with an egg-beater until the pulp is as fine as can be. Sweeten and flavor with any desired flavoring; then, to every cupful of apple pulp add the well-beaten white of an egg; the egg must be beaten to a froth before adding. Now color the whole a nice pink with fruit coloring; by adding a few drops of the coloring at a time, one can easily get the desired shade. Keep this on ice, or quite cold until ready to serve. A little whipped cream placed on top of each saucerful makes the dish more attractive looking.

Gum Water

For stiffening lingerie waists when pressing, take one ounce off the best