



The Home Department

Conducted by
Helen Watts McVey

"The Cruse that Filleth Not"

Is thy cruse of comfort falling?
Rise and share it with a friend,
And through all the years of famine,
It shall serve thee to the end.
Love divine will fill thy store house,
Or thy handful still renew;
Scanty fare for one will often
Make a royal feast for two.

For the heart grows rich in giving—
All its wealth is living grain;
Seeds which mildew in the garner,
Scattered, fill with gold the plain.
Is thy burden hard and heavy?
Do thy steps drag wearily?
Help to lift thy brother's burden—
God will bear both it and thee.

Lost and weary on the mountains,
Wouldst thou sleep amidst the snow?
Chafe that frozen form beside thee,
And together both shall glow.
Art thou wounded in life's battle?
Many stricken 'round thee moan;
Give to them thy precious ointment,
And that balm shall heal thine own.

Is thy heart a well left empty?
None but God the void can fill;
Nothing but a ceaseless fountain
Can its ceaseless longing fill.
Is thy heart a living power?
Self-entwined, its strength sinks low;
It can only live by loving,
And by serving, love will grow.
—Mrs. Elizabeth Rundle Charles.
(Words supplied for publication
by Mrs. E. G. B., of Dallas, S. D.)

Barring Flesh Foods

In view of the wide-spread agitation in the matter of barring flesh products from the table until prices are lowered, it is timely to bring out our best recipes for making dishes to supply the place of the boycotted article. In many homes, where the cost of meats is not particularly oppressive, meats are much less used than one would suppose. Appetizing and nutritious dishes are made of the legumes, nuts, grains, and like products of the fields and forests; but where the cost is felt the keenest, there is positive ignorance on the part of the house-mother in regard to substitutes, or methods of serving them. In such homes, the idea of doing without meats, and still supplying nutritious meals to working husbands and growing children, brings consternation. The cost of eggs, milk and butter has soared with other prices, until in many homes they are not to be thought of, even if one could stomach the stale, storage eggs, the grease butterine, or the remarkable mixture sold as milk and cream. Such families have so absorbed the meat-eating habit that it will be hard to get along without it. Then, too, in many neighborhoods, there are shops which sell meats at about the old prices; but one dare not look behind the butcher's stall to investigate the cause of the low prices, if the meat is expected to be eaten.

The fact of the business seems to be that housewives must "get busy," and make a business of their business of housekeeping and table-providing, and study up the possibilities of the food supply. That cookery is a fine art, and is as much a profession as the mixing of drugs, is now conceded on all hands, and to be a proficient housewife, a woman must know more than just how

to souce a piece of food material into a kettle of water, and pour a mixture of materials into a pan, and call it cookery. Send us your best suggestions, dear friends, and let us pass them on.

"Doctoring One's Self"

At this season of the year, coughs, sore throats, "cold on the chest," acute bronchitis, grippe, and pneumonia are usually prevalent, and when one is "coughing one's head off," one is apt to grasp at any straw which promises relief. But a remedy that is exactly suited to one case is often entirely unsuited to another, and a medicine that helps a patient at one time, under certain conditions, may be very harmful to the same person when conditions are changed. For this reason, one should not use a formula from the printed page, or one given by another, without first consulting a responsible druggist, or, better, a skillful physician as to the probable effect of the ingredients in his own case. A common cold, if neglected, or wrongly treated, may become a very serious affair, and it is well, if simple home remedies fail to give relief in a short time, to submit the case to a careful physician, who will prescribe for the ailment understandingly. Besides, many persons have "idiosyncrasies"—peculiarities of temperament—which render certain drugs very harmful to them, though remedial in the case of others not so constituted.

Nearly all cough medicines contain more or less opium, in some form, together with other strong drugs, the taking of which internally leaves more or less bad effect, and this is especially true of old-time formulas. Our most successful physicians now give much less medicine than in former years, and many of them do not hesitate to say that the effect of drug treatment is worse than the disease it is supposed to cure. Self doctoring is not to be commended, except where most intelligently done, though many home remedies in the hand of an intelligent nurse, are far better than can be had from many physicians.

Contributed Recipes

Dried Codfish—Always lay in soak in fresh cold water at least overnight before wanted. Lay the fish side down, that the salt may drop out. Then take off the skin and put in plenty of cold water, boil gently (skimming if necessary) for one hour; or tie it in a cloth and boil it. It is then ready to be picked to pieces, any bones removed, and used for various dishes.

Codfish Cakes—Use the boiled codfish, chop fine and put an equal quantity of mashed boiled potatoes with it; moisten with beaten eggs or milk, or half milk and half water; add a bit of butter about the size of a walnut, and a little pepper; it is usually salt enough. Form into small cakes, rather more than half an inch thick, roll in flour, and fry in hot fat—lard, beef drippings, or cottolene—until a delicate brown. Fry gently, but keep the fat boiling hot while they are in it. When one side is done, turn over. Serve hot. These cakes may be baked in the oven, putting a bit of butter on top of each.

Codfish a la Creme—Freshen two pounds of codfish over night; then put over the fire in fresh water and bring to a boil; drain off the water

and pick to pieces; add one cupful of cream and a tablespoonful of butter, mixing well. Boil and mash eight to ten potatoes, medium size, and make quite moist with milk; put the fish with cream and butter into a baking dish, spread the potatoes on top and bake a nice brown in the oven. Serve in slices.

Baked Salmon—Pour the water (or oil) off one can of salmon, into a baking dish. Put one pint of milk to boil in a double-boiler; cream one tablespoonful of butter and one of flour together, and when the milk is scalding hot, stir this into it gradually and smoothly; a little chopped parsley and juice of one onion may be added; add black pepper, red pepper and salt, to taste. Beat one egg well and add, pouring over the salmon. Sprinkle cracker dust over it and bake in the dish containing the salmon water or oil.—Mrs. G. B., Savannah, Ga.

Household Helps

To clean a copper kettle, fill the kettle with very hot water, then rub it over with very sour milk; or, better, use sour buttermilk. Afterwards, polish it with a piece of chamois skin. A kettle cleaned in this way will always look bright and new.

An easy way to mend lace curtains is as follows. If there are holes too large to darn, take a piece of net as nearly like the curtain as possible, or cut a piece from some discarded curtain. Dip the piece in starch, lay it on the hole, or worn place, and when nearly dry, press with a warm iron. The patch will remain until the curtain is laundered again, and will not be discernible. A small hole can be mended by crocheting with thread the size of the mesh.

A soiled wall paper may be cleaned by rubbing well with a flannel cloth dipped in oat meal. This is a useful thing to remember when one does not wish to re-paper the whole room.

To remove iodine stains from white goods, take common household ammonia, dilute it one-half with slightly warm water, then soak the garment in this for an hour, rubbing the spots now and then. If the stain is not all removed by this process, take bi-carbonate of potash and rub it well into the stain until the last trace of the iodine is removed. Then rinse well and dry.

One of the simplest means of cleaning silver that has become blackened by gas or time, is to mix a teaspoonful of ammonia with a cupful of water and use a little of this liquid to form a paste with whiting. Polish the article with the paste, using a soft chamois or cloth to apply, and another to polish.

A paste of ordinary table salt and vinegar rubbed briskly over the nickel ornaments on the kitchen range when the stove is cool, will make them as bright as new. Apply the paste with a flannel rag.

A Useful Screen

A screen is at times almost indispensable, especially in the sick room, or where one has to do work which inevitably "litters" up the space occupied, such as sewing, patching, or ripping garments apart. A serviceable screen for shutting off unsightly corners or occupations may be made of a small clothes horse of the folding variety, and the frame may be made very pretty by using enamel

paint of colors or white. Pongee or cretonne or silkoline, or even curtain calico, may be tacked on the frame, and it will add to its usefulness if patch pockets, or pockets shirred on, are sewed on the inside. For the sick room, the covering should be of white oilcloth, with pockets set on the side next the bed in which much of the necessities of the sick couch can be stowed away. The oilcloth can be wiped off when dusty or soiled.

For the Odd Jobs

This is the season when there are many odd moments at the disposal of the house-father, and it is well to take a look at the house furnishings. Be sure to have the pot of paint, varnish and glue close at hand, and tighten up all loose joints; a few nails here, a few screws there, a touch of glue in another place; then, when all the joints are fastened, and all the loose parts securely joined, the paint brush will come in play, and after one or more coats of paint, as the need may be, the varnish brush will finish the work. You will be surprised how very much better the home will look. But there are many places where a little doctoring with the saw and hammer and screwdriver will work wonders in the appearance of the wood work of the rooms, and these should be followed up with the paint, varnish and paste brushes. A little money and some time are spent in adding to the attractiveness and comfort of the home.

Query Box

Mrs. S. M. B.—Two or three medium sized potatoes sliced thin and cooked to a crisp in the lard should be enough for a gallon of lard that requires sweetening. Thanks for the promised recipes.

C. Q.—To remove the iron rust from fabrics, this is claimed to be good: Have a teakettle of boiling water on the stove; take the garment dry, and cut a lemon in two; squeeze the juice of the lemon on the spots and hold them over the steaming spout of the kettle; the spots should readily yield to this treatment.

Anxious Mother—The duration of the disease called whooping cough is probably not shortened by treatment, but the severity, or number of paroxysms may be modified and diminished by remedies sedative in character. Children may have the whooping cough, yet not whoop noticeably.

T. S.—This is said to stop toothache: Fill a small cup with boiling vinegar; dip a piece of raw cotton into the vinegar and rub the gums; let the vinegar be as hot as can be borne, but not burn; fill the cavity of the tooth with cotton dipped in the hot vinegar. Sometimes two applications have to be made.

L. L.—The California prune is nothing more than a very nutritious, sugary and delicious plum, cured and packed for shipment. The white appearance on the skin is the fruit sugar which has exuded through the skin, and if in otherwise good condition, this does not injure the fruit. In amount of carbohydrates, starches and sugars, the prune surpasses all other fruits. Sugar should be added to the prunes while soaking, not after cooking. The prunes should stew gently.

Cookery Kinks

People who commonly can not eat baked beans should try having them twice baked. Experience has shown that rebaking the baked beans of the previous day renders them much more digestible.

It is not necessary to use a "settler" for coffee grounds. If a half teacupful of cold water is thrown into the boiling coffee just as it is