



# The Home Department

Conducted by  
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## Try Smiling

Your burden is heavy, I haven't a doubt;  
But others have loads they must carry about,  
And they are not whining.  
Some people are glad if but half of the way  
Lies out of the shadow, or part of the day  
They see the sun shining—  
Suppose you try smiling.

This funny old world is a mirror, you know,  
Turn its way with a sneer or the face of a foe,  
And you will see trouble.  
But meet it with laughter, and looks full of cheer,  
And back will come sunshine and love, true and dear,  
With blessings to double—  
Suppose you try smiling.

All doors open widely to those who are glad;  
Too many lack courage; too many are sad;  
Those near you need cheering.  
So, laugh with your burden; the way is not long;  
And if you look upward, your heart will grow strong,  
And skies will be clearing—  
Suppose you try smiling.

—Selected.

## "Running Accounts"

This is one of the most extravagant methods of housekeeping, yet many otherwise just and kind husbands force this system on their family. In this, they are both blind and cruel, and the question of money matters is a very serious source of trouble between husbands and wives. No woman should be subjected to the humiliation of asking the trades people to trust her, where her husband will not. If she is not to be trusted with money necessary for household and personal expenses, the husband has no right to brand her with this discredit. A wife has as much right to the income as her husband, if she looks after household matters, and it is often a short sighted policy on the part of the provider, to tempt the woman to deceitful methods of getting absolutely necessary funds for the necessary expenses. No honest, high-minded woman will tamely submit to the humiliation, if she sees any way out, and if the woman is not to be trusted with money in hand, she surely is sharp enough to get it by collusion with the trades people. No man would submit to his employer's withholding his earnings for the reason that the employer doubts that he makes a wise use of it.

## The Cheaper Cuts of Meat

Many persons who have been accustomed all their lives to a meat diet, object strongly to a sudden change to no meat, even where the substitute may be eggs, milk, butter, etc. Besides, eggs, milk, butter, cheese, vegetables, nuts and fruits are all very dear, and because of the ignorance of the majority of housewives in regard to such preparations, there would be no saving, but perhaps greater waste and expense. It would seem to be more practicable that the amount of meat purchased should be curtailed, and in many cases, cheaper cuts substituted. The difference in price of parts of the animal does not mean a difference in food values. While the tough, or muscular portions are in far greater

proportion, rightly cooked, the difference between the desirability of these parts and the more tender cuts is in the palatability and not in the chemical composition. Tough meats require to be cooked slowly, in moist heat, for a long time, like stewing, boiling, and braising, and when carefully done, seem to have as fine a flavor; while the tender parts may be cooked in a dry heat, roasting, baking, broiling, more quickly done, and must be served immediately to be at their best. A slow fire, with low heat, softens the muscular fibers more thoroughly than intense heat—which is apt to make them tough, and right here is where the economy of the fireless cooker comes in. Housewives would do well to experiment with this invention, because it not only saves time, watch-care and fuel, but gives most excellent results in cookery. Where gas is used, the simmer burner should be used after the first boil of five minutes or so, which sears the outside so as to confine the juices in the meat. For a coal or wood range, after the preliminary boil, the kettle should be pushed back where the contents, closely covered, will barely simmer for an hour to three hours, according to toughness. Very little water should be used in this simmering process.

## Mothers and Babies

The "race suicide" question having run its course, the larger and more insistent question of race preservation has taken its place in the daily interests of the home and nation. It has been found a much better plan to give the proper care to the babies we have with us, and to teach mothers how to so treat them as to rear them to intelligent and healthy adult age, than to spend our breath in scolding about a thing of which we know so little. Much interest and, let us hope, intelligent interest, has been given the subject, and headquarters for the study of the subject of race waste have been opened in several large cities. The work of the organization will be directed toward securing a chance for the baby in all parts of the country, and this will necessitate the training of the mothers and fathers to a more intelligent care of their young. Thousands of mothers know about as little as to the care of their babies as the animals of the field and forest, frequently much less; and the death rate from ignorance of parents alone is appalling. Let us hope good may result from the movement. Numbers are not always desirable, while quality always counts, in the future citizen.

## "For the Home Seamstress"

After saying some kind things regarding the home pages, R. E. S., of Ohio, gives the following directions for shrinking woolen materials successfully at home, if directions are carefully followed:

Purchase either bleached or unbleached muslin—not necessarily the best quality (I have ten yards at a cost of sixty cents); have the material which you wish to shrink folded right side in. Put your muslin in a vessel of warm (not hot) water, then wring just enough so the water does not drip. Have a board on the table about six inches wide, and slightly longer than the folded material is wide; spread muslin out on the table, lay material on muslin, being sure the right side is folded in;

then lay board on the material and fold both over and over until all material has been folded around the board. The time for shrinking varies according to thickness and quality of cloth, from three to five hours being about right. The pressing of the cloth is a very important part of the process. Many people object to having materials shrunk, claiming the pressing gives the cloth a glossy appearance. If the following directions are carefully followed out, this difficulty is easily overcome: Unless you have a table which is used for pressing alone, spread some clean muslin or old linen on part of a table on which to press your cloth. Unroll not more than a yard at a time, and be sure to press on the wrong side. Do not have your irons very hot, but just medium. Press a very small measure at a time, as the cloth must be allowed to dry under the iron; otherwise, it will raise the nap, giving the cloth a rough appearance. In pressing, hold your iron sidewise, as using the point will cause the cloth to draw. Do not move the iron from right to left, but up and down the cloth.

Pressing the broadcloth requires a great deal of care in this respect. One must be very careful which way the nap runs, and to press only the one way, as running against the nap will give the cloth a rough appearance. Roll your material as you press. This will prevent any creasing. After it is all pressed, spread on a table to dry, as any surplus moisture will injure the nap of any material."

## For the Bottle-Fed Baby

Plain round bottles, with ounces marked on them are best; have several bottles, and one or two extra for breakage. If the baby does not take all the food in the bottle, empty and clean the bottle; do not warm the leftovers for a "next time." As soon as a bottle is emptied, rinse well and fill with cold water in which a pinch of baking soda or borax is dropped. Before filling again, thoroughly wash the bottle in hot soap suds, in which a few shot, tiny pebbles, or peas are used to clean the inside of the bottle. It is well to let the bottle lie in very hot water for a time after it is cleaned. Plain black rubber nipples are the best, and after each meal these should be rinsed out and dropped in a cup filled with borax solution; a teaspoonful of borax to a half pint of water. They should be turned inside out once a day and scrubbed well with hot water and soap, then well rinsed. There should be more than two nipples. The hole in the nipple should be made large enough with a large, coarse needle, heated red hot, and should be just large enough to allow the milk to drop through when the bottle is inverted. The milk should not run in a stream, as this is apt to choke a young child.

## Caring for the Children

Ruskin says: "To be a man too soon is to be a small man," and this is but too true. A child who is forced into the industrial world too early, ceases to be a man or woman too early; ceases to be fit for industrial strife because, when the strength is sapped in childhood, the strength of adult age is weakened. It is not possible to injure childhood without injuring society, and when we use up the immature strength of the boys and girls, we prepare recruits for the army of the unfit. If we abuse the

child of today, we must prepare to bear the burden of their failure to make good in the days to come.

## Serving Meats

Most of cold meats may be acceptably served if a nice sauce is poured over them. To make one nice sauce, a rounding tablespoonful of flour (half an ounce), rubbed together with a rounding tablespoonful of butter (one ounce), and into this stir half a pint of liquid—stock, or even hot water—then stir until it boils. This sauce is the basis of many others. To make a tomato sauce, use strained tomato juice (from canned tomatoes) instead of the stock, or water, seasoning with salt, pepper and, if liked, a bit of onion juice. For a cream sauce, use half a pint of milk for the liquid. Sauce Hollandaise, which is very nice for fish, is made by using a half pint of boiling water, the yolks of two eggs and the juice of half a lemon. Meats should not be re-cooked, but warmed through. This is readily done by setting the vessel containing it in a pan of boiling water until sufficiently heated.

A brown stew with dumplings is an economical dish. Cut two pounds of lean meat into cubes one inch square; put half a cupful of chopped suet into a sauce pan, and when the fat is drawn out, remove the cracklings, throw the diced meat into the hot fat, shake it over a hot fire until thoroughly browned, then draw to one side; add two rounding tablespoonfuls of flour, mix, and then add one quart of stock or water; stir until boiling; add a level teaspoonful of salt, a slice of onion, a salt spoonful of black pepper; cover and cook slowly for one hour and a half. Ten minutes before the stew is done, put a pint of flour in a bowl, with a teaspoonful of salt and a teaspoonful of baking powder; sift, and add milk to just moisten. Drop by spoonfuls on top of the stew, cover and cook ten minutes without uncovering the vessel. Put the dumplings around the edge of the platter and fill the stew in the middle.

## Dried or Salt Fish

Finnan Haddie with Cheese—Pick sufficient haddie into small pieces to fill a pint measure, then mix with it a sauce made with a tablespoonful of butter and one of flour rubbed together over the fire with a pint of milk stirred in until it comes to the boiling point. Then remove from the heat and stir in the well-beaten yolks of two eggs and a heaping tablespoonful of grated cheese. Mix the sauce and fish thoroughly and serve on slices of toast. Half of a large haddie is better than a whole small one.

A good article of salted white fish may be freshened by soaking, skin side up, in plenty of water over night, then fried in butter or lard. If the fish is nice, and the work carefully done, it is fine.

## Meat Recipes

"Beef a-la-mode" is always made of a cheap cut of beef; the principal expense of the dish is the care and fuel in cooking it. Select a piece from the under side of the round, that cheap, but nutritious portion that can not be used for steak, yet has the finest flavor of any portion of the animal. Have the piece as nearly square as possible, and from five to eight pounds, according to the size of the family. Wipe well with a damp cloth and tie in shape with clean cord. Have a wide-bottomed, deep iron kettle to cook it in. Cut three slices of fat salt port into dices and try out slowly in the kettle, crisping the pork and drawing out the fat, but not scorching it. Then skim out the pieces of pork; have ready one small carrot or half a large one, and one good sized onion, cut in small