



The Home Department

Conducted by
Helen Watts McKee

My Guest

I prayed to Sorrow: "Wait a little space
Before I come to sit and talk with you;
For duty calls to me from every place;
There is so much my hands alone must do.

"Since you are here, obeying some decree,
I would most fain commune with you at length,
Yet crave a narrow interval, for see—
These tasks claim all my slender store of strength."

So, Sorrow kindly drew herself aside,
Acceding graciously unto my will;
Through days that throbbed with life's assailing tide,
She bided with me, patiently and still.

When years of burden sternly bade me rest
(With snow-flecked locks and labor-fretted brow)
I spoke unto my uncomplaining guest:
"Come, Sorrow, you will find me ready now."

With smile as tender as the dawn of May
She said: "Since duty left you never free,
My sister, Sorrow went, long since, away,
And I am Memory—come sit with me."
—Hattie Whitney Durbin,
In Ainslee's Magazine.

Cooking for One

The "bachelor woman" who does her own cooking is often puzzled to know how to prepare food in such small quantities that nothing need be left over or wasted. This is most difficult in the making of bread such as "mother used to make." If the following directions are carefully followed there need be no trouble in having sweet, light, nutritious bread with none left over to throw away. Procure an earthen mixing bowl holding four or five quarts. Warm it well on all sides; pour into it two-thirds of a pint of warm water; drop in half of a compressed yeast cake; two tablespoonfuls lard or soft butter; one tablespoonful sugar, and one teaspoonful of salt. Cover and let stand until the yeast is dissolved, then add three pints of best bread flour. Mix well and stir for at least ten minutes. Cover closely and set in a warm place to rise. It should be foamy and full of air bubbles. Knead in more flour—enough to make a stiff, smooth dough. Knead ten minutes; cover and set to rise until double its bulk. When light enough knead down once more. Let rise, knead down, divide into loaves, put in pans to rise. When double its bulk bake half an hour. Keep closely covered in a stone jar, ventilating occasionally to keep the bread from becoming mouldy.

—Helen M. Warner.

New Hampshire.

Easing up the Laundry Work

Despite the reluctance of women to adopt new labor-saving appliances, the washing machine is steadily gaining in favor. The first cost is not much, but, like everything else, its serviceability depends largely on the handling it receives. Nearly all of

them will do good work in the right hands, while many will give satisfaction, no matter who handles them. The washing for a large family may be started as late as 7 o'clock in the morning, and by 11 o'clock, every article may be on the line and the "things" put away in their place. There is less wear and tear of the clothes, and one does not need the destructive chemicals so often used by laundries, in order to whiten and bleach the clothes. As the hands need not be considered, boiling water is used, and this is far more effective than warm water. The soap should be dissolved in warm water before adding to the clothes, and if there are any stains or extra soiled places, these should be attended to. The work of manipulating the machine certainly is not harder than bending over and scrubbing on the washboard. Even a delicate woman can do a large washing with a machine. If the "head of the house" is the right kind of a man, he can do the most of the machine work before breakfast, even getting up a little earlier in order to get it done. Many professional men, merchants, clerks, as well as mechanics, do this early morning work for the housewife, and they are a little proud to boast of it. Quite a few housewives, with this help, get the wash on the line before 7 o'clock, and have thus the whole day to rest and clean up afterwards. If not too tired, the ironing is often done on the same day. Like everything else, the life of the washing machine, wringer, tubs and basket, depends upon the care taken of them; but a good washing machine, with even ordinarily good care should last ten to twelve years, and do good work.

Teaching the Children to Help

It is a wise plan to allow each child to take some definite share in the household affairs, making the child responsible for the proper and careful doing of the same. This is the key to the adjustment of the problem of household help. Manual and mental labor are no longer distinct, but are growing more and more dependent upon each other, and it is by no means advisable that the school child should shirk all duties, spending its time outside the school room in idle plays on the street. Industrial pursuits and intellectual training must work together. The work at necessary chores should be made as obligatory on the child as the work at lessons, and means should be taken to imbue the young mind with the idea that nothing is drudgery that must be done for the comfort of the family.

Treatment of "Measles"

A child suffering from an attack of measles should be kept in bed, or in a warm room, until the eruption disappears, as draughts of air will produce cold, and often turn a mild case into a most malignant one. The patient must be warmly clothed, and the bowels, kidneys and skin allowed free action. If the eruption should not "come out" freely, or should recede after its formation, the child should be placed in a hot bath for a few minutes, then carefully dried and wrapped up in bed; the room should be darkened and kept at a temperature of not less than 70 degrees, but well ventilated. Nourishing food, such as milk, mutton or chicken broth or beef tea should be

given regularly. The nervous system should not be excited, especially during the eruption, as convulsions are liable to occur unless the child is kept quiet. The eyes should be protected from the light, as they are irritated by the disease from the start.

Scarlet Fever

No inexperienced person should attempt to treat scarlet fever, diphtheria or small pox, as complications may arise during the progress of these diseases which often result very seriously, even with the most intelligent care. Great care should be taken to thoroughly fumigate and air a room in which a scarlet fever patient has been nursed, as germs can be carried long distances and will retain vitality for years, in some instances, unless subjected to intense heat. All clothing and bed linen removed from the patient should be placed in a tub of water containing a disinfectant before taking from the sick room, and after undergoing a thorough soaking, should be put into boiling water. As soon as the child leaves the room, every door, window and crevice should be closed, and sulphur, in proportion of three pounds to each one thousand feet of air space, should be burned in the room. The room should be kept closed for at least twenty-four hours, and should be well aired before again using. All bedding should have been loosely tossed over chairs, or so opened as to admit the fumes freely, and if there are closets to the room, these should have been opened.

For the Seamstress

When a skirt, or other garment has lace insertion to be let in, it is difficult to make the seams hit again; but if only a small portion of the garment is cut, followed immediately by sewing in the lace, it will be found easy, and with no stretching of the material, as is the case when the division is made all at once.

When embroidering a centerpiece, or a bit of trimming for the new blouse, do not keep changing your needle for the various colors of silk, but have a separate needle for each color and keep it threaded and lightly fastened to the under side of the work, then use the separate needles as they are needed for the work. This will save "roughing" the silk.

Fashion Notes

Among the styles reappearing, the low or Dutch neck is found, with a finish of a narrow pleating of the waist material, or of ribbon to match. Embroidery is also used to outline the neck.

Belts show much of the metallic effect; bright jets, and all the leading colors, varying in width from one inch to three are very popular.

With dressy waists, short sleeves are again shown; but the long sleeve invariably accompanies the shirt-waist.

Jabots, fancy bows, and decorative neckwear are worn as much as possible, and are almost universally becoming.

For linen suits, the bodice is made of lightweight materials, while the heavier grades are used for the skirt, both matching exactly in color. Panels and other trimming of sheer linen may be used.

The new millinery tends to bunch the decoration at the back of the hat.

Bows of malines and soft ribbon are used there, while only flat trimmings are shown in front.

Dressy waists are now being made with the seamless shoulder. A favorite finish is a band of lace or embroidery running from the neck to the cuff edge of the sleeve. Sleeves may be either pleated or plain.

The overdress is sometimes entire tunic skirts, and sometimes merely full scarfs, gathered at the waist and drawn into a knot at knee depth. The overskirt is usually of thinner material than the skirt.

Buttons are provided with stud fastenings so they may be removed when the waist is to be laundered. Some are shown in pearl, plain or engraved, gilt, or imitation amethysts, garnets, etc.

Altering Paper Patterns

It is quite an art to alter paper patterns satisfactorily. In case they are too long, tucks or folds should be laid in the patterns as follows: For the skirt, at a point between the hip and the knee in each gore; for the waist, two inches above the waist line; for the sleeve, immediately above and below the elbow. To cut off a skirt pattern at the bottom, or tamper with the elbow of the sleeve, is to ruin it. If the pattern is too short, it must be slashed at the points above indicated, the pieces are then separated the required distance and basted or pasted to a strip of paper laid underneath. If the pattern be too long from the top of the dart to the shoulder, it is better to fit it by a tuck across the chest, rather than by taking up the shoulder seam. This trouble occurs in women who have the stooping-shoulder habit, with sunken chest.

Care of Clothes

Shoes for street wearing should be removed as soon as the wearer reaches home. They should be pulled into form while still warm, and some women go so far as to place lasts in their shoes, lacing or buttoning them carefully. This, however, is not recommended, as the shoe can not be properly aired inside if so treated.

Shoe buttons or laces should be replaced and holes repaired as soon as noticed out of fix; if the heel begins to wear off, have it righted immediately.

Woolen garments that are worn frequently require the use of the brush or whisk broom before being hung away. If at all moistened by perspiration, the garment should be hung in the wind and sun for several hours.

A Home-Made Fireless Cooker

A letter from one of our readers gives the following description of her home-made fireless cooker: "I have a fireless cooker that I made of an old granite-ware kettle holding three gallons. The kettle had a big hole in the bottom, which I patched with good cement. This kettle I set inside of a box on a thickness of three inches of old newspapers; then I packed old papers in around the kettle clear to the top. My kettle cover is a large plate—nothing to rust or smell badly. I can start my beans to cooking in the morning. I heat my cooker by setting a big, ten-pound lard pail full of boiling water in it, and this is taken out when the beans are set in, so that very little heat is lost. The plate is put on the kettle and over this, a cushion which holds the heat in and makes it airtight. The box is of one and one-fourth inch lumber, and the cover fits tight with stout strap hinges and a hasp to close and keep it closed. My cushion is just more newspapers. There is a thick, round cotton pad, white and clean, a little larger than the plate used for a cover. On this