



The Home Department

Conducted by
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Pa's Boy

When pa was just a little boy,
Gee, how he ust to work,
He sawed the wood an' built the fires
An' never tried to shirk.
He always filled the reservoy
An' swept the porches too;
N'I guess there wasn't many things
Pa didn't ust to do.

Now ma gets up and builds the fires;
She says I am too small—
An' sweeps the porches an' the walks
An' doesn't mind at all.
She says she's glad to let my pa
His morning nap enjoy,
Because he's tired with all the work
He done when he's a boy.

When I get big I'll get a wife
Edactly like my ma;
To do the chores an' let me sleep
Just like she does my pa.
An' when I've had my mornin' nap
You bet that I'll enjoy
To tell 'em how I ust to work
When I's a little boy.
—Elizabeth Clarke Hardy, in Wisconsin Agriculturist.

The Baby's Milk

Here is a picture which nearly every one will recognize:

The patient was an infant, six months old, suffering from what is known as summer complaint. The mother was of average intelligence and of ordinary neatness about her house and person. The milk was from a certificated dairy in which every detail of cleanliness and other sanitary regulations were conscientiously carried out. The milk was delivered to the house, fresh from the ice, in sterile, hermetically sealed bottles, and clean. The mother at once opened the bottles and set it on the table before a window opening onto a much-traveled road, freely admitting the road dust, earthly filth and infection of the highway. Several flies swarmed about the bottle, and two fell in. For more than a quarter of an hour, the milk was thus subjected to contamination and infection, while the mother tried to remove the contents of the feeding bottle—the soured, left-over milk from the last meal, and to get the curd out of the nipple. The work was carelessly done because of the need for haste. Do you wonder at "the ways of Providence" in removing the baby from such care?

The law dealt with the cows, the dairymen and the delivery; but after the milk came into the hands of the mother, the law ceased its oversight, and the mother fed to her sick infant the unclean, infected milk from the unclean, infected bottle, because she did not know how to handle and prepare the food antiseptically. Not only in dealing with the infant's food, but with that prepared for the adults of her family—which is a less matter—the untaught mother goes on dealing out disease and death to her helpless family. The law deals with the goods until they come into the consumer's hands, when it ceases its protection and leaves the housekeeper free to spoil, adulterate and infect, as her carelessness and ignorance make possible.

"The Cost of High Living"

We are repeatedly told by those supposed to be best informed, that the high cost of living is not caused by either a scarcity of food and other

products, or by the "boosting of prices" by the sellers, but by the insistence of the consumer that "only the best" is good enough. This, too, is true; but the best for the purpose is not always the highest priced, and if one is careful and willing to live within the income, fitting the expenses in all cases to the money in hand, a very excellent living may be had for a reasonably small amount. Many people live well within an income of \$10 a week, and are healthy and comfortable, while another family of the same size suffers great hardships on a salary of twice or three times the amount. So, we are assured that it is not so much the high cost of living, as the cost of high living, which is doing the mischief with our peace of mind. We are told that it is the fashion to be economical; but the word economy does not mean the same to all persons. We are assured that plenty of good, wholesome foods can be had cheaply, but the average consumer will not have it. Commission merchants tell us that, broadly speaking, staple groceries are cheaper today than they have been for ten years, and, as a general proposition, the increase of cost has been on the luxuries, rather than the necessities. We are told that people are sacrificing the table to the toilet and amusements, and are cited to "the champagne stomach on the beer salary," as an instance.

Many people live cheaply, and well, and raise healthy, well-fed families through the use of good, wholesome foods that the "high livers" scorn, and many well-to-do families thrive on fare which the laboring class would refuse to eat. Then, too, in the matter of clothes, there is a marked difference in the buying of the careful, thrifty housewife with means, and the careless "installment plan" family. "Pay as you go," is a good motto, and if practiced, one would not go so often.

Sanitary Education of the Masses

A writer in Good Health Magazine tells us what many thinking people already know, that the only hope for improved domestic sanitation is not necessarily more official sanitary red tape in the form of health boards, inspectors, etc., but in the sanitary education of the masses of the people, rich and poor alike. A great many people know better than they do, but the consequences of carelessness as well as of ignorance should be impressed upon the mind. Every one person is responsible in some way for every other person's well-being, and each should cultivate a conscientiousness which will lead to a sense of responsibility in all sanitary and hygienic matters relating to not only the individual household, but to all the region near. No form of legal enactment or health regulation can keep a man or his family well without their own intelligent co-operation, and by ignorance or wilful neglect of sanitary laws of nature one person can counteract all public effort to prevent disease in a region subject to his influence. As the hot weather comes on, no effort should be spared to remove all sources of disease from about the house and yard, and in this preventive warfare the housewife must do her share. The sanitary law given to the Israelites in the wilderness, in regard to leftovers was a wise one. The manna

was to be gathered in the early cool of the morning, and eaten the day it was gathered. Neglect of leftovers, cooked or uncooked, is a menace, as foods exposed to insects, infection and floating dust are "common carriers" of disease.

Salads

A salad is always a desirable feature of a luncheon, and no luncheon is quite complete without one. Many salads are most easily prepared. A lettuce salad dressed with a little French dressing appeals to nearly every taste. With the nasturtium leaves, watercress or tomatoes, a lettuce salad can be greatly varied. Boiled string beans, served with a French dressing are fine; beets, carrots, lima beans and peas may all be served in the same way, either separately or in combination. Cucumber salad remains a favorite; celery salad dressed with mayonnaise may be combined with a cupful of English walnuts, and a salad made of equal parts of chopped celery, and tart apples, with mayonnaise dressing is still further improved by a cup of whipped cream being added to it. Another salad is made of one cupful each of sliced apples and chopped celery dressed with a cooked dressing made in this way: one egg, one tablespoonful of sugar, one-half cupful of vinegar, one-half teaspoonful of salt; cook until thick, then whip into it one cupful of cream; a cupful of English walnut kernels broken, may be added to the above.

Helpful Gleanings

The glass fruit jars that are in any way damaged may be used for holding pantry stores that must be kept from the air. Tea and coffee and many spices should be kept in sealed jars.

It is claimed that when fruit juices refuse to "jell," a few teaspoonfuls of carrot juice strained and added will bring about the desired result at once.

In washing vegetables like lettuce or cauliflower, let lie in strong salt water for a few minutes, to dislodge the small bugs that may be clinging to them.

For the Mouth

Many people suffer untold pain, much of which could be avoided by the proper care of the teeth and mouth. If a dentist is visited once in six to twelve months and the tartar removed from the teeth, and all cavities filled, the mouth then treated with a healing wash, much stomach trouble would also be unheard of, as bad or tender teeth work great harm to the system because of the lack of proper mastication of the food. After the tartar is removed from the teeth, a good healing wash is as follows:

A sore mouth may be healed by frequent washings with borax water, one teaspoonful of borax to a half pint of water, using a couple of tablespoonfuls at a time.

For a sore, ulcerated mouth caused by bad teeth, touching the gums with tincture of myrrh is an excellent healer. A decayed tooth in a state of ulceration will poison the entire system.

Where the gums are spongy and tender and inclined to bleed, a good powder which will harden the gums is this: Prepared chalk, one ounce;

powdered borax, one-half ounce; powdered myrrh, and powdered orris root, each one-fourth ounce. Mix well and use a little as a dentrifice with a soft brush.

For white canker sores caused by a disordered stomach, get five cents worth of gold thread and steep into a tolerably strong tea; sweeten with honey and wet the cankers with a little swab dipped in a little of the tea every half hour.

An excellent mouth wash: One ounce of powdered borax (about two tablespoonfuls) dissolved in a pint of boiling water. Let cool, then add one teaspoonful of tincture of myrrh, and one tablespoonful of spirits of camphor; bottle for use. At bed time wash the mouth with equal parts of water and peroxide of hydrogen, using a soft brush; then take a tablespoonful of the mixture in the bottle, and a tablespoonful of warm water and rub the gums well with this. Do this every night, and this will remove the deposit of tartar, arrest decay, and induce a healthy action of the gums.

Query Box

L. L.—Soak the slices of ham over night in sweet milk, then fry for breakfast, and they will be very sweet and tender.

Mrs. H. S.—Salt ham should always be boiled before trying to broil it. For serving on toast, it should be ground finely, then spread.

Jessie D.—The oil should be poured on the salad first; if the leaves are wet with vinegar first, the oil will run off to the bottom of the bowl. The lettuce should be perfectly dry.

Elsie—Only the very thinnest scale of the yellow rind of a lemon should be grated off; if the grating is deep enough to carry off the white underneath the yellow, a bitterness is imparted.

J. H.—The ingredient of the rheumatism remedy referred to is a proprietary drug, and the formula was given as an advertisement. Its use may have been productive of good results, but we can not give free advertising to manufacturers.

G. A. S.—The recipe was given so recently that it can not be repeated so soon, but as the number of the Farmer's Bulletin (No. 296) was given, it can be had for the asking. These, and the state experiment bulletins are worth asking for.

Sufferer — Recipes for mouth washes are given elsewhere. If the myrrh wash is used, get five cents worth, each of tincture of myrrh and spirits of camphor, and a five cent package of powdered borax. It will be more than enough, but will keep for another making. Have the water boiling, and keep corked or in sealed jar. It pays to take care of the teeth.

Everyday Recipes

Wilted Lettuce—This is a German dish, and consists of cooking lettuce for three or four minutes in a skillet where bacon has been fried; dip the bacon grease and pour it constantly over the lettuce with a spoon, after adding pepper to suit and a tablespoonful of vinegar, and when wilted, dish the lettuce and pour the bacon sauce over it. Or put the prepared lettuce in a bowl and pour the hot mixture over it, tossing with a fork until wilted.

Bavarian creams are easily made after one has learned the trick. Two cupfuls of cream, half a package of gelatine and one cup of fruit pulp, fresh or canned. Soak the gelatine in a little cold water, then dissolve over steam and add the sweetened fruit pulp. In meantime, have the cream whipped to a stiff froth; let the fruit mixture cool, but not stiffen, and just as it begins to set, fold in the whipped cream lightly; mold and