



# The Home Department

Conducted by  
Helen Watts McKee

## "Tell 'Em You're Feelin' Fine"

There ain't no use in kickin', friend,  
If things don't come your way;  
It does no good to holler 'round, an'  
grumble night and day;  
The thing to do 's to curb yer grief  
cut out yer little whine,  
An' when they ask you how you are,  
jest say, "I'm feelin' fine."

They ain't no man alive but wif  
is booked to git his slap;  
They ain't no man that walks but  
what from trouble gets his rap;  
Go mingle with the bunch, old boy,  
where all the bright lights shine,  
And when they ask you how you are,  
jest say, "I'm feelin' fine."

Yer heart may be jest bustin' with  
some real er fancied woe,  
But if you smile the other folks ain't  
very apt to know;  
The old world laughs at heartaches,  
friend, be they your own, or mine;  
So, when they ask you how you are,  
jest say, "I'm feelin' fine."

—Unidentified.

## Economizing Gas

The stores are full of devices by which a maximum amount of work may be accomplished with a minimum amount of fuel, and many of these devices are very well worth considering. One variety of these, offered by several manufacturers, is a top like that of the coal range in appearance and effect, which fits on the top of the gas range, and enables the cook to make use of all the heat which now escapes through the grating, most of it not touching the vessel containing the food. This covering enables the housewife to cook several vessels of food with the use of one, or two, burners, and with the same heat keep others simmering or merely warm. The danger, too, of the open blaze, so apt to catch in the thin summer sleeve or drapery, is obviated. Some of these are better than others, and the price is higher; but the added cost is justified by the better work done. There are many simple, home appliances, such as turning a pan over the blaze and setting two or more vessels on it, or using a box-like device as an oven. It would be well for the housewife to study the advertising pages carefully, and learn all she can of such things. Among the most effective fuel savers is the cooking chest; think of getting a whole, hearty dinner, these wretchedly hot days, without having to mount guard over a scorching hot flame to keep things from boiling dry, or burning! When you have thought it out, find how it is done, and do likewise. Several household magazines have regular "testing plants," for these devices, and when found worth while they are freely recommended.

Women who refuse to avail themselves of these helps should not complain. Many husbands would willingly invest in them, but the conservative housewife refuses to try them, others do try them, but before getting "the hang" of them, thrust them aside and say they are no good. Even the sewing and washing machine were frowned upon once.

## Sanitation

Try to keep things sweet and clean by the use of the best of disinfectants, sunshine, soap and water. In sweeping the rooms, use something, like shredded paper, or moist tea

leaves, to collect the dust. Keep windows and doors well screened and open at all times. If it storms, keep the protected side of the house open, while the storm side must be closed.

The most healthful floor covering is paint and varnish, or stain. Wipe up the dust as often as necessary, and if rugs are spread about, keep them free from dust by frequent brushings, sweepings and shakings. Have as few draperies as possible, and keep these free from dust.

The bedrooms and furnishings should be well aired and dusted, and if possible, exposed to direct sunshine every day. Wash all bedroom vessels, scald and sun. Do not leave "slops" setting about, covered or uncovered, in the room a moment longer than necessary. No bedroom will smell sweet unless kept clean.

All clothing, damp with perspiration, should be hung up to dry before putting in the closet. Corsets, under waists, shirt-waists, bodices, should be hung over chair backs, or other convenient supports and set in a current of air to thoroughly dry. All damp clothing should be dried before putting into the laundry bag or basket. If to be washed soon, it is well to put to soak at once.

Sleeping without a pillow is good for round shoulders. Deep breathing in a pure atmosphere is giving the system an internal bath. Sleeping in an unventilated room is like bathing in dirty water. The more sleepers, the dirtier the air.

Keep out flies and mosquitoes with screens, and keep all other night pests out of the room by constant vigilance and cleanliness. Do not share your room or bed with these vile bed-fellows. Have separate beds even for your family. Single beds are hygienic and healthful. Everybody should sleep alone.

## Little Helps

When laying away a dress or waist for some time, take out the underarm shields, as they give the garment an unpleasant odor.

A good way to get rid of ants is to give them something they like to gather on, then burn the whole bunch when they get busy.

## Fashion Gleanings

Embroidery is used lavishly on all clothing this season. Flouncings of various widths are combined into a dress which is lovely and economical. When the skirt is made of flouncing each flounce is gathered slightly at the upper edge and sewed to the flounce above it about two inches from the edge. This gives the upper flounce a free edge, and each lower flounce is a little fuller than the one above it.

The peasant, or Magyar, waist with its seamless shoulders and plainness of cut, is still very much liked. Little by little all waists are coming to the front closing, but some still prefer the back closing.

The severe plainness of the tailored waist is very much liked for utility waists, but many semi-dressy models are shown. The sailor waist is never out of style, and for many young people, the large square collar is very becoming. There are modifications, however, and some of these are very desirable.

The simple style of dress is always in good taste, and one can not err in choosing plain garments, though the dressy "confections" of lace and embroidery have their place.

Tucks are much used in the ornamentation of waists.

Sleeves of the leg-o'-mutton style are in favor, as well as the sleeve with the puffed upper portion and the deep cuff with a band of contrasting material at the wrist. The bishop sleeve, of three-quarter length, is seen, as well as the full-length.

The vogue of black and white and black and gray is found in many transparent fabrics, as well as in tailor-made costumes. Some stripes, some checks, diamonds, dots and small figures brighten and soften many materials. The manner in which the materials are used takes the place of trimming.

## Care of the Teeth

As a rule, the preparations sold for whitening the teeth are injurious. Here is a good dentifrice: Place equal parts of salt and soda in a thin cloth and scrub the teeth with that; it will remove stains, and tend to harden the gums; the mouth should be well rinsed after using. Pumice stone and charcoal, found in many dentifrices, are objectionable, as it is claimed they ruin the enamel. Powdered orris root, two parts, with one part each of prepared chalk and powdered castile soap is good and harmless. Another good dentifrice is composed of one ounce each of orris root, powdered myrrh and arrow root added to five ounces of prepared chalk. A reliable dentist will sell you a prepared dentifrice about as cheaply as you can make it.

## Home vs. Factory Canning

It is claimed that the fruit put up in large, properly regulated canning establishments is much safer than the home product. The machines in such places are so nearly perfect that every possible precaution can be used in the sterilizing and sealing of can and fruit. Chemical inspectors are in attendance, and when the fruit is canned by reputable firms, the chances are all in favor of the good condition of the article. The action of bacteria is too little understood in the home; the housewife deals with chemical compounds and bacterial changes day in and day out, in a willing ignorance that is appalling, because the study of the subject is supposed to belong to a realm of science too intricate for the brain of the housewife. Unscientific methods, carelessness in sterilizing and sealing the jars, the use of unfit material, cheap metal utensils, lack of care in handling, scalding and testing before using fruit, utensils and jars—all these blunders lead to sickness and death. It is advised that experts employed by the state should be sent throughout the state making gratuitous demonstrations for the benefit of the wives and mothers, as it is little short of folly to enforce pure food laws among manufacturers while the women of the country, who hold the lives of so many in their hands, are in most cases ignorant of the first laws of health, or the proper methods to pursue for the preservation and safety of the canning of fruits.—Good Housekeeping.

## Seasonable Remedies

For those who are so unfortunate as to be stung by bees, hornets or other insects, it is recommended to bathe the parts stung with equal parts of salt and soda moistened with

a little water. This is claimed to give instant relief.

For poisoning by three-leaved ivy, this is recommended: Stir a small piece of blue stone (blue vitriol) about in a saucer of thick cream until the mixture assumes a green tinge, then rub this over the afflicted parts.

For any kind of a sore that is "always getting hurt," protection may be had by using cotton batting as a cushion, making it thickest over the sore.

For burns, put a piece of lime the size of an egg into a pint bowlful of water; let stand until the lime settles, then pour off the clear liquid and stir into it enough linseed oil to form an emulsion like thick cream, then bottle for use, and when needed, spread as a cream over the burn. Use plentifully.

Many times trouble with the eyes is caused by disorder of the kidneys, and if the kidneys are cured, the eyes will be all right. "Spectra," such as flashes and zig-zags of light, or blotches, or spots before the eyes, or seeing only part of an object at one time, is caused by stomach or kidney troubles, the eyes being all right otherwise.

For cuts, wet the hurt place with turpentine, or wrap a cloth saturated with turpentine around it. This relieves pain and heals the hurt.

For wounds of rusty nail, bind a scraped beet on the wound, and put on fresh as fast as the beet gets dry. Some recommend holding the wound over burning wool, or burning sugar.

## For Picnic Dinners

We all know how desirable some really hot dish is for the delicate or tired ones at the picnic luncheon, and how difficult it has been, heretofore to have even a hot cup of coffee which one so intensely craves if the head aches badly. The hot dish can be had if you take along the cooking chest, and even the home-made one answers very well indeed. The foods can be started to cooking at home, and the good work will go on while it travels. The coffee can be made and strained into a jar and set in the cooking chest, and will keep hot until needed. One should take advantage of all these discoveries.

## For a Rose Jar

Several requests have come in for this recipe, and we give it, hoping it may be still in time for use:

Jars coming for this purpose are not expensive, but must have a tight-fitting lid, and be of suitable size for your use. Dry the rose leaves (petals) in a cool oven or in sunshine, mix also with them in drying a few leaves of the lemon verbena and rose geranium leaves. Put them into an earthen jar with some dried thyme and lavender flowers. Mix well and stir in a spoonful each of allspice, cinnamon, cloves and nutmeg, all well ground and thoroughly mixed. A drop each of several fragrant oils, and a grain of musk, with a few drops of camphor should be thoroughly mixed, then stirred into the mass in the jar. The mixture may be made in the rose jar, if preferred. Keep the jar covered for ten days or two weeks, adding more dried petals as you have them, and occasionally a little orris root or rose sachet powder, mixing well. When wanted, open the jar for half an hour, and the room will be delightfully perfumed. There are cheaper methods, but this one is lasting.

## Requested Recipes

Beets—Boil beets whole, drop into cold water, then rub the skin off, slice as for pickles, and make a sauce of salt, pepper, butter, a little vinegar and a teaspoonful of sugar; set the dish over hot water and let get quite hot through before serving. Young