



# The Home Department

Conducted by  
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## The Field of Peace

I know where the birds and grasses sing

And the daisies bloom like stars;  
And whispering nooks and merriest brooks

Call over the meadow bars;  
Where a dewy path winds through clustering vines,

Where reddest strawberries grow;  
And lips may cool in a shady pool—  
Do you ask, Whereaway? I know!

And the sweet reward of a task well done

Is to slip from the mesh of men,  
To bid goodbye to the restless throng,

To wander beyond their ken.  
And out where the fields and the skies are broad,

And the daisies bloom like stars,  
I roam and dream of a field of peace,  
With the world outside the bars.

Do you ask "Whereaway?" You will know some day;

Some brook, some flower will tell!  
Or down on the hurrying streets of life,

If you hark, you will hear a bell.  
It will call "Come away!" and your soul can not stay,

Though fingers faithfully toil;  
Less of self, less of self; you will lift your eyes

From the dust of the gray world's soil.

Then the heart shall wake, and the eyes behold,

And the jubilant soul shall hear  
The music of life o'er the toil and strife

Grow into a song of cheer.  
And out where the birds and the grasses sing,

And the sweet thoughts bloom like stars,  
You will find release in the fields of Peace,

With the world outside the bars.  
—Charles Poole Cleaves, in Mother's Magazine.

## The Idle Child

Among the "natural laws" cited as pertaining to the welfare of the child, in addition to the statutory laws, is one which says that "the child shall be taught such work in the home as will fit it for useful work in the outside world." It is cited that in some countries, notably France and Germany, this law is compulsory—failure to comply with it being punishable with fine. It is something of a problem with most of us how this is to be done, as about everything in the way of constructive work has been taken out of the home, and only the "chores" and drudgery remaining. In a great many homes, there are none with practical knowledge enough to teach the child, or the parents or guardians may feel that it is less trouble to do the work than worry with the child. The "school-taught" child does not meet with the demands of employers, and the old apprentice system is favored by many of them. Actual work is far more interesting to a child than the "play" system so largely in evidence. Then, too, the streets are full of idle children, and the talk for the child is all of play-grounds. By the time the child is of an age to be allowed to work, he or she has contracted habits of idleness and irresponsibility, following the thought

of others rather than thinking for him or her self, and is illy-fitted to take up the responsibilities of earnest character-making. The child kept at work, even by the mother's side, sees the children in the street, and does the tasks half-heartedly or even sullenly, and its one thought is to get into the streets with the crowd of idle children. If allowed to run in the streets there is education; but that is another story.

## For Picnic Luncheons

One can scarcely think of a picnic without sandwiches. Instead of slicing meat, chop it very fine, or run it through the meat chopper; season with pepper, salt and mustard, adding a little vinegar, or piquant sauce; butter the bread well before cutting off the slice; then put the chopped meat on the slice, butter another slice, cut from the loaf, lay the two together and wrap in oiled paper. If the bread is too "crusty," trim off the crust before wrapping.

Any scraps of meat, or left over scraps of poultry can be used for sandwiches by running through the chopper and seasoning. While a little cake is good for variety's sake, plain, well seasoned, wholesome foods are much more satisfactory.

Egg sandwiches are always relished, if properly prepared. Boil fresh eggs about fifteen minutes, so the yolk will crumble; chop the egg fine while still hot, season to taste with pepper, salt and butter, with a little mustard if liked, and spread on buttered bread; the slices of bread for sandwiches should be thin and as nearly square as may be, then, after the sandwich is made, cut it diagonally, lay one piece on the other and wrap in oiled paper, which can be bought very cheaply at the grocer's.

For the inevitable hard-boiled egg without which there can hardly be a picnic, boil the egg about fifteen minutes, drop in cold water for a minute, remove the shell, halve the egg lengthwise and remove the yolk. Chop the yolk fine, season with pepper, salt, a little mustard, some finely-chopped boiled ham, and fill the cavity in the egg whites with this mixture, press the halves together and wrap in oiled paper, twisting the ends together.

Another sandwich that is greatly liked, is made of large, fresh soda crackers, lightly spread with butter, covered with grated cheese, the two crackers pressed together, and slightly heated in the oven. Wrap in oiled paper.

## For the Cook Lady

In order to have good pie-crust, one should have all ingredients cold, butter, or lard, and flour. Always use a spoon to mix with. Most cooks spoil their crust by working with the hands; this causes the shortening to become oily and makes the crust heavy. The bottom crust should never be as short as the top crust, as a "short" crust on the bottom will not hold so well to serve. Here is a good formula: For the top crust, take one pint of flour, one large spoonful of lard, and work this in with a spoon, adding half teaspoonful of salt; then wet up with ice water, or as cold water as can be had, lift out on the board with a spoon and roll out; spread on one large spoonful of lard, sift on one-half cup of flour, roll up and pound

with a rolling pin; do this twice, or, if you want it nicer, repeat three times; when rolling up the crust always roll it one way, as that will make it light and flaky. Before putting the pie in the oven, wet the top well with milk, using a pastry brush, as this will make a nice brown.

For a good cup of coffee when tired, take a little coffee pan or pot, according to the number of cups wanted. Put in this coffee pan one good sized teaspoonful of pounded or freshly-ground coffee for each cup, and set it over a slow fire without water; let it fume a minute, then, without removing from the fire, pour on it a cupful of boiling water; in a few minutes a froth arises, and it should be taken from the fire immediately, turned into a cup and drank.

To prepare pineapple for the table, peel it and dig out the eyes; then, with a strong silver fork, claw out the fruit in small bits, beginning at the stem end and leaving only the fibrous core. This is the approved way of preparing the pineapple, and it is more heartily relished prepared in this way than when cut into slices. The acid of the pineapple is said to be very healthful, especially if one has sore throat.

## Requested Recipes

**Canning String Beans**—One peck of beans such as you would use for "snaps;" string and break into inch lengths; add enough water to cover, a handful of salt and a cupful of good vinegar; put over the fire and let come to a boil; keep boiling ten minutes, then pack into jars, use new rubbers and cover beans to overflowing with the water and vinegar, and seal, air-tight. Wrap in brown paper and put away in cool place.

**Another Way**—Prepare your beans as for the table; break into short lengths and pack closely in glass jars, then fill to overflowing with cold water; screw on the covers, and have a wash boiler with slats or a thick cloth over the bottom, and stand your jars on this; fill with cold water in the boiler, enough to cover the jars; put boiler over the fire; boil constantly for three hours, having the cover on the boiler; if the water seems too much evaporated, fill again with boiling water from the teakettle. Let jars stand in the water until cool, then tighten the tops as much as possible, stand on top end to test for leakage, and if perfectly sealed, wrap in brown paper and put away.

## Recipes

**Canning Corn**—This recipe was given some years ago, and has been repeatedly called for, as it was generally satisfactory: Nine pints of corn cut from the cob; one pint of sugar; half pint of salt; one pint of water; mix and let stand a few minutes until the juice rises to nearly cover the corn; then boil twenty minutes and seal in glass or tin jars while boiling hot. To prepare for use, soak and drain off the water until it tastes just salt enough; then season with a little butter and cream thickened with a spoonful of flour; sweeten if liked.

**For Chili Sauce**—Eight quarts of ripe tomatoes, peeled and cut up; three cupfuls of green peppers, two cupfuls of onions, three cupfuls of

sugar, one cupful of salt, three pints of vinegar, three teaspoonfuls each of cloves and cinnamon, two teaspoonfuls each of ginger and nutmeg. Chop the vegetables very fine and boil all the ingredients together for three hours until quite thick, then bottle and seal.

To color pickles green by harmless methods, the following is said to be satisfactory: Dissolve five grains of saffron in one-fourth ounce of distilled water; in another vessel dissolve four grains of indigo carmine in one-half ounce distilled water. After shaking each up thoroughly allow to stand twenty-four hours, and then mix together; and a fine green solution is obtained capable of coloring five pounds of sugar. This should be poured into the pickle until the proper color is had.

Ground cherries can be gathered when ripe and dried with the husks on, and they will be like raisins. If any one knows a better way to use them, please let us hear it, as we have requests for its use and preparation.

## Melon Rind Preserves

Mrs. L., of Illinois asks for method of putting up watermelon rind as preserves. There are two colors of this preserve, and both are good. For the green preserve:

Prepare the white rind of a ripe watermelon as for any other preserve, peeling off the thin green rind and cutting into suitable inch-long strips. Parboil the prepared strips in a quart of water containing a half dozen fresh, perfect peach-leaves and a half teaspoonful of saleratus. This will give it a fine, green tint. Drain the fruit and put in a solution of alum and water—for a gallon of fruit use alum the size of a hickory-nut—for an hour or two; drain again and rinse with clear cold water. Make a syrup of a pound of sugar to a pound of fruit, add the juice of one lemon and half a dozen fresh, clean geranium (rose) leaves; boil up the syrup, skim, then remove the geranium leaves and put the fruit to cook in the syrup until tender. Set aside for twenty-four hours, drain off the syrup and cook down half, again add the fruit and cook until it is transparent. Seal air-tight, and keep as other preserves.

For the red preserves, remove the seeds and white portion from a firm, ripe watermelon, weigh, and allow half as much sugar as melon pulp, with grated rind and juice of two lemons to every six pounds of melon. Put all together in the preserving kettle and boil slowly until thick as desired. No water is needed, and the preserve must not be allowed to scorch. It is something like jam.

An excellent sweet pickle is made of melon rinds. Where fruit is scarce, melon rinds answer admirably, and if put up right, are very good indeed. They should not be cooked too long in preserving, as the syrup will "grain," and the preserve lose its delicate color and flavor. Better cook it less and seal air-tight.

## Height of Clouds

There is no fixed height for any kind of clouds; some remarkably interesting measures of the heights were made at Vienna by an ingenious method. Advantage was taken of the extremely brilliant light furnished for the great illuminated fountain erected not long ago by that city. By means of a projector it was found that a beam of light could be sent up to the clouds, producing upon them a luminous spot capable of being observed simultaneously from points on the earth two or three miles apart. By such observations the height of certain clouds of the cirrus variety was found to be as much as nearly 33,000 feet.