



The Home Department

Conducted by
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The Real Vacation

Mental diversion, mental exhilaration, mental release from the cares and business worries of life, are not only essential to healthful thought and a healthy mental condition, but promote bodily vigor and physical well-being. It is the absence of healthy amusements, to a great extent, which leads to many social evils; to many habits and practices which ruin the morals of our young people in a great many cases. If boys and girls just entering their teens do not find healthful amusements at home they sigh for places where the social longings may be gratified; in response to this longing, the sons seek their companionship in the streets, the daughters in questionable places, where amusements are to be found. Often, these seemingly innocent amusements are like dead-sea fruits to their partakers, leaving only a taste of ashes instead of the sweetness of the minute. Employment for the mind is what thousands of women need; after the plodding routine required to meet the material necessities of the family, the exhausted body requires the rest that is hardest of all to get—that afforded by the free action of the interested mind—a release from the physical in the awakening of the mental by new thoughts, new scenes, new labors. Thousands of women starve, mentally, and wither and fade for the intellectual stimulant denied them. The unsatisfied hunger and thirst render them peevish, discontented, nagging and complaining; often times they become embittered, and ill-tempered, just as the sleepy, hungry child becomes fretful and unmanageable, and they are cruelly censured by their unthinking companions. There should be more off-hand visiting, informal calls, dropping into other homes for a few minutes relaxation in pleasant discussions; without form and ceremony, families should have these gatherings several times each week, and in all communities there should be places where the young or old, or both, may meet freely and joy in the social contact with each other; not always in attending lectures or "meetings" but where they can meet each other in natural social intercourse. In thus meeting and mingling with other minds is the true vacation.

Foot Lore

The more you rub and scrub and wash your feet, the less liable you are to have corns and callouses. You can not have your feet too clean. A nightly scrub with warm soap and water and a small brush will not only give you comfort, but will give you the foot health and shapeliness. After a hot bath and a dash of cold water to rinse, it is advisable to rub all the callous places with a piece of pumice stone.

To prevent ingrowing toe-nail, take a bit of absorbent cotton, wet with listerine, or with vaseline and push it gently under the curled-in portion; rub the nail with warm vaseline, and change the plugget of cotton every night when you take the bath; keep the nail trimmed square across.

Too short shoes or stockings, high French heels, and pointed toes will cause untold agony, besides permanently deforming the feet. See that the shoe fits the foot comfortably.

Instep supporters will relieve the pain of a broken arch if the shoe is not too short or too narrow. Nothing but a wide toe shoe will relieve cramped, crushed toes.

Slipping Rose Plants

Rose plants may be multiplied by slipping any time during the summer, the cuttings should be taken from half-ripened wood, and many are very successful with the stems of blooming branches, cutting off the bloom, and leaving three or four eyes on the slip. It should be severed from the parent wood with a sharp knife. Remove the leaves from all but the top eye, and cut away the tip of this leaf; then insert in sand, keeping the sand quite moist, but not too wet. It is a good plan to turn a tumbler over the slip, pressing the rim of the glass down in the wet sand, and thus retain the moisture about the plant. Set in a warm, shaded place; a very good place being under the rosebush from which it was taken. If possible, it is better to take cuttings with a "heel," as they are more apt to root and make stronger young plants, but a great deal depends on the one who cares for it. Cuttings may be taken and at once inserted in the soil in the shade, but the soil must be kept moist, and the place must be a warm one; a good plan, if there are several cuttings is to turn a glass fruit jar over the cutting, pressing the rim down into the soil, and this will preserve a moist atmosphere about the exposed part of the clipping. The young plant should be shielded from the sunshine until the roots are well started, then it is best to put into prepared soil and continue this as in the sand. The tiny thread-like rootlets will not then be disturbed, and the young plant may be turned out into the border when sufficiently grown.

Topics of Interest

At fruit preserving time, it is impossible to know just exactly the amount to be cooked for a number of jars, and there is apt to be either a little over, or a little under, the required amount. If canning, the vacancy in the jar can be filled with boiling water; but when there are a few spoonfuls over after filling every jar, the small bottle is called for. All glass bottles, and small jars, such as vaseline, cold cream, mustards, pickles, jellies, preserves, and the like come in, when purchased, should be thoroughly cleaned and put away for just such emergencies. Many fancy pickle and relish or mustard bottles lend themselves to sealing the same as bottles, and the small jars, or large-mouth small bottles can be used for jellies, or jams or preserves. Where baby foods, or the malted milks are used, there may be an abundance of useful small jars, and every such jar or bottle should be cleaned and put away, if one has a place for the storage.

Where one has strong smelling foods that must be kept cool, yet can not be put with the other foods without lending an often unpleasant odor to all the rest, the odorous foods may be perfectly isolated if it is put into jars or vessels having an absolutely tight lid. Fruit jars that no longer serve for canning may be used for this purpose, and pickle bottles having close-fitting lids may be filled with slaw, salads, and many foods

containing onions, and the like, and nothing will be contaminated by the companionship.

The flavor of eggs varies with the food the hen eats; if fed a large amount of animal food, the eggs will have a stronger, coarser flavor than when hens eat only grains and grasses. Strong-flavored vegetables, such as onions, or green tomatoes, or like vegetables, will affect the taste in a marked degree. Eggs should be kept in a clean place, as the shell being porous, the inside absorbs more or less odors. Musty nests give eggs that remain in them long a bad flavor.

For the Cook Lady

One of the ways which economical housewives practice for the extension of meat flavors, is to cook a small quantity of meat with each of several other foods. Others cook the meat in various ways, saving the gravies, broths, or drippings for use with other foods, and thus giving each a distinctive flavor without enlarging the butcher's bill. Dumpings, crusts, borders of potatoes, hominy, rice, or green vegetables can be used with the meat flavors, giving variety as well as flavor. Even a few scraps of meat, with a little patience and work on the part of the cook, can be made into delicious individual meat pies, turnovers, or fritters. Where the poorly made croquet will hardly be touched, the meat scraps hashed and blended with other materials will be eagerly eaten. Gristles, bones, and other clean trimmings can be cooked by themselves, simmered with a little water, and every particle of the nutriment extracted, and the gravy or broth used to flavor vegetables. When buying meats, the housewife should insist on having the trimmings also, as she has paid for the whole thing, and oftentimes having the trimmings means a whole, wholesome dish which could not otherwise be had. Sometimes dough made as for dumplings, or soft biscuits, will be baked, and the broth from the simmered trimmings in the form of a seasoned gravy be poured over the biscuits or crusts, giving a most appetizing dish.

Putting up Fruits

When putting up fruits by cooking in the jar, this is a good outfit, if you can not afford a regular canning apparatus: A steamer made of galvanized iron, twelve inches high and a foot in diameter (or of larger dimensions if preferred, but no higher), cover the top and sides with asbestos, have a movable rack or stand in the bottom of the steamer three inches high, and a tight-fitting cover for the top. About two inches of water below the rack or stand will supply the steam. In preparing the jars for the steamer, put in the fruit, filling the jar; then pour over the fruit a warm syrup made as for other methods for canning, letting the syrup come to within one inch below the cover; lay the covers on the jars loosely without the rubber rings, and bring the water to a boil, covering the steamer closely. One hour is usually long enough to cook the fruit, but vegetables will probably require more. Less time may do for the soft fruits. Experience will teach one. When the fruit is cooked sufficiently, set the steamer off the fire, and set the cans out one

at a time; let the first ones stand a moment to get the steam out of the jar, which is to be filled full of fruit taken from one of the other jars or additional syrup, to insure a full jar when cold. The rubbers should be then put on the jars, and the tops tightened as tightly as possible. This steamer will hold seven quart jars. Canned fruit, by whatever process put up, should be examined every day for two weeks. There is reason to think that cooking in the jar is the better way to put up nearly all fruits as the flavor and color are thus preserved more perfectly. Glass-top jars are preferable for many reasons to the metal top kind, but if the glass top is fitted too rigidly, in case of fermentation of contents, the ferment bursts the jar. The Mason, metal-top jars are not so subject to this disaster, as the top is more pliable under pressure. The sharp edge of the metal top may be dulled by drawing a file across it; the slight ridge on the shoulder can be filed down, and the rims of old tops otherwise good can be hammered into shape with a light hammer if care is taken to securely adjust the top to the jar.

Spiced Fruits

For spiced peaches, either scald them just enough for the skins to slip off, or peel them so carefully that the marks of the knife will not show. Clingstones are to be chosen if the fruit is to be left whole; free stones may be used by halving and pitting after peeling. When ready for use, weigh the fruit and allow five pounds of sugar and a pint of vinegar to eight pounds of fruit, mix an ounce each of stick cinnamon, mace and green ginger, and tie in cheese-cloth; stick three whole cloves in each peach. Make the syrup of sugar and vinegar and spices, skimming; then add the fruit and simmer until tender, then lift carefully and put into jars, shaking to settle, and let the syrup boil down until quite thick; add a few cracked peach kernels to each jar and pour the boiling hot syrup over the fruit and seal up tightly.

Cherries may be put up with the same proportions, but the weighing must be done before they are pitted; they are better made more like a marmalade.

Small pears make a nice spiced pickle; stems must be left on and the peel merely wiped; the blossom end should be cut out with a sharp knife. Allow the above amount of sugar and vinegar to nine pounds of prepared fruit. Make the syrup, skim, and put into jars, boil down the syrup, and pour over the fruit, boiling hot and seal.

Apples, green (or nearly ripe) grapes, melons, and anything used for making sweet pickles, may be put up in this way. The fruit must be as fresh as possible, free from damage, and where not cored, must be perfect inside. The best of spices and vinegar must be used, and the jar, top and rubber all sterilized; the rubbers must be new. Unless proper care is taken, the labor may be but wasted, through fruit spoiling.

Requested Recipes

Raspberry Shrub—This is made from ripe raspberries. Rinse and drain two quarts of ripe raspberries; there should be enough to fill a two-quart jar, and this may call for more than two quarts; put them in the jar, and over them pour enough best cider vinegar to cover and overflow the jar, cover loosely and let stand for a week, then put on to cook in a porcelain preserving kettle and bring to a boil, then pour into a jelly bag and let drip all night. In the morning measure the juice and allow