



The Home Department

Conducted by
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In the City

There is a song whose burden no man knows
Within the heated, dusty city street;
Yet sometimes comes a whisper, faint and fleet,
Whose fragrance drifts across the picked-in close
With breath of cedar and of Sharon-rose,
Blended with soft, low flutings of the quail,
With pine and fir in chorus, when to the pale
Wan, work-worn people comes the thought—Repose!

Then hands fall idle for a little space;
And thoughts return of days long passed, when tired,
Fair hands would soothe the fevered brow, and place
Soft tenderness on cheeks with ardor fired—
Old thoughts, that linger on a mother's face,
With hearts that know, alas, too late, the love desired.
—Louise Roblin.

"Drinks"

In a few sanitary hints for working men, Dr. Parker gives the following: It is better to abstain from beer altogether, and spend the money for more food and better clothing. Instead of intoxicants, there are various agreeable drinks which are sources of nourishment as well. If a little rice is washed in cold water, and then boiled in a good deal of water, the fluid, if a little sugar is stirred up with it, is a pleasant and nutritious drink. In winter it may be taken warm; in summer, cold; for a summer drink, buy an ounce of citric acid, which is by no means expensive, and put a small quantity of this in the rice water—just acid enough to make it taste pleasant—the beverage is very refreshing. The rice strained from the boiling may be used as food.

A little oatmeal boiled in water with a little sugar added, gives a good drink. When you have heavy work to do the best drink is a thin oatmeal gruel with a little sugar. A quarter of a pound of oatmeal to two or three quarts of water, according to the demands of thirst, should be well boiled, then an ounce or an ounce and a half of brown sugar added. If the gruel is too thick, add more water. It can be strained through a fine sieve, but it should be boiled until it is a gruel. Before you drink it, stir the oatmeal well through the liquid. You will find it not only quenches thirst, but will give you more strength and endurance than any other drink. It is literally both food and drink. It can be merely mixed with cold water, but it should be boiled to have the best results. For a more nutritious drink, increase the oatmeal to half or three-quarters of a pound of the meal to three quarts of water. Neither coffee, tea nor cocoa are as supporting as oatmeal gruel. It leaves no bad effects, as do any of the intoxicants.

Cleaning the Filter

The water filter will get dirty, as well as any other strainer, and will need cleaning very occasionally. One of the best preparations is a solution of permanganate of potash. Dip a

small brush in the solution and go over every atom of surface afterwards, washing it well with hot soap-suds and thoroughly rinse it with clear water. If some small amount of the solution should remain after several rinsings, it is not injurious. A cheap filter can be made from a large new flower pot thoroughly cleaned and scalded; cover the hole in the bottom with a piece of clean, new sponge held down by a layer of coarsely powdered charcoal covered with a layer of clean sand, and over this a top layer of coarse gravel and stones. This will filter the water as successfully as a more expensive apparatus.

The Silk Shirtwaist

For washing a white silk shirtwaist, boil in a little water until it is dissolved a small piece of white or castile soap about the size of a walnut; add to this liquid soap a gallon of hot water, and when cold, souse the waist in the suds lightly, not rubbing, but pressing down, turning about and lifting, with gentle loose rubbings between the hands; have another similar suds, though not so strong, and as soon as the first suds shows soil, squeeze or drain the waist out of the first water, put into the second and repeat the sozzling. Then rinse in a clear water, then in another water that has a few drops of bluing in it; hang in the shade to drain and when nearly dry, iron under a white cloth. Use no starch.

Washing With Coal Oil

Shave half a cake of white soap fine with a sharp knife; add to it a quart of warm water and two tablespoonfuls of powdered borax; set over the fire and simmer until the soap is dissolved. Lift from the range and stir into the mixture a coffee-cupful of coal oil; beat thoroughly, bottle closely and set away, labeled. Put the clothes in soak over night—the white ones, and to the water before putting the clothes in, add all of the emulsion, stirring. The water should be hot, and the mixture must be stirred, clothes and all, with a stick, until all are thoroughly saturated. Then cover the tubs and leave to soak over night, and when you are ready to wash you will find the dirt loosened, and the clothes much whiter.

Another Way—Shave a bar of old white soap quite fine; dissolve it in two quarts of boiling water, stirring until it is a thick suds; beat smooth and add a large tablespoonful of borax wet up with a small quantity of cold water; next put in two large cooking-spoonfuls of coal oil and, after stirring for a minute to make the emulsion, pour in quickly two tablespoonfuls of household ammonia. Bottle and cork while you turn the clothes soaked overnight into a washboiler half full of hot suds. Churn them up well with a stick, add the emulsion and stir the clothes well, and boil for half an hour; then take out, rinse twice, first in hot, then in lukewarm water, then blue and wring out. Your clothes will be clean.

Coal oil is always a safe detergent, while most of washing fluids can not be trusted in careless hands; others will take the cloth along with the spot. Borax is one of the greatest helps the housewife can have, with ammonia as a close second.

To remove ink from handkerchiefs

while it is still damp put it into a strong solution of spirits of ammonia, leave fifteen minutes, rinse in clear cold water, give another bath in a fresh supply of the solution, wash well in this, rinse in clear water, lay in the sun to dry, and it will be clean.

For the Lunch Box

There is a preparation now on the market which requires but a cup, a spoon and boiling water in order to have a refreshing and hot beverage while traveling, or at a picnic, or even at home, when one is hurried. If the "soluble coffee" is not to be had, a bottle of coffee syrup is just as good, and can be freshly prepared at home. To make the syrup, take half a pound of very good coffee and grind it fine (not pulverized); put it into a perfectly clean sauce-pan with three pints of water and boil down to one pint; strain this off and put into another perfectly clean sauce-pan, and bring to the boiling point, and as it boils, add white sugar sufficient to give it the consistency of simple syrup when boiled a few minutes without stirring; then take from the fire, and when cool, put into bottles or bottle and seal. When you want a refreshing cup of coffee, put two teaspoonfuls of the syrup into an ordinary cup, fill with boiling water, add cream if you like (condensed milk is good), and you have a good coffee with little trouble.

An Economical Icing

This is a famous French recipe; the icing is like the filling of chocolate-creams, and will keep indefinitely; a quantity, it is claimed, can be made and put away in covered jars, to be used when wanted. Boil without stirring one cupful of sugar, one-third cupful of water and one-eighth teaspoonful of cream tartar. When it forms a soft disc when dropped in cold water it is done. Let stand without stirring until lukewarm, then add any flavoring liked and beat until smooth and creamy. If cooked too long, it will become grainy; too long stirring has the same effect, and only experience and judgment will teach the right time for cooking. For caramel icing, use one-fourth cup of water to one cupful of brown sugar.

For the Housewife

A cheap and effective way of sealing jars of jelly, marmalade, jams, preserves, is to have on the table a saucer of fresh milk and plenty of tissue paper cut into squares of sufficient size to cover the tops of the jars, tumblers, or other receptacles, and to reach well down over the rims. Proceed with your preserving as usual, and fill the vessels with the fruit boiling hot; run the tissue squares through the fresh milk enough to wet, but not to break them, and lay immediately over the hot fruit, pressing gently down over the sides. Do not break the paper, and be sure to put on a second square before the first gets dry. Press well over the rim with a soft cloth. The tissue paper will form a perfect parchment.

For a fruit punch, make a strong lemonade, and to each quart of the beverage add the juice of four oranges and one small pineapple grated. Canned pineapple may be used, but the fresh is best.

Home prepared mustard is usually better than the "store" article. Put

three teaspoonfuls of ground mustard into a bowl; pour over it enough warm water to make a stiff paste, and rub until perfectly smooth; add one-half cup of good vinegar, one tablespoonful of sugar, a pinch of salt and the beaten yolk of two eggs; set the bowl in boiling water and stir the mixture until it thickens, then add a lump of butter the size of a small egg, beating all well together. Put into small jars and cover with paper, or tops.

Another way to make it—One tablespoonful of mustard, and one tablespoonful of flour mixed together with a little water; add one-half cupful of vinegar, two tablespoonfuls of sugar and a piece of butter the size of a walnut. Have the vinegar scalding hot and pour over the mustard and flour, beating, then cook until thick enough.

Pickling Time

Spiced Sweet Pickles—Select tiny green cucumbers and pour over them a strong brine which has been heated to the boiling point. When the brine has become cold heat it again and pour over the cucumbers, and when it has cooled the second time, drain it off and throw it away and rinse the pickles well in cold water, being careful not to bruise them. Dry them carefully and pack them in a jar, or jars. Make a syrup of one quart of vinegar and eight cups of brown sugar, put in mixed whole spices to suit the taste, using a tablespoonful to each two-quart jar. Heat the vinegar and spices to the boiling point and pour over the pickles; pour off the next day, heat again, and pour over the pickles. Put two or three very small red peppers (if liked) in the top of each jar; if the syrup seems thin, pour it off a third time and thicken by cooking until it is of the right consistency, then fill the jars to overflow, and seal.

Good Chili Sauce—Peel two dozen large ripe tomatoes, four white onions of medium size; add three green peppers, and run all through a chopper, or chop fine. Add three

A WINNING START

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"I have been a teacher for several years and find that my easily digested breakfast means a saving of nervous force for the entire day. My gain of ten pounds in weight also causes me to want to testify to the value of Grape-Nuts.

"Grape-Nuts holds first rank at our table."

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