



Conducted by
Helen Watts McKee

The Home Department

The Cheaper Cuts of Meat

I con with care the magazines,
The household columns meet my eyes
All filled with helpful "ways and means"
How best we may economize.
Since food has soared to heights sublime
How apropos is each receipt
Which teaches in this parlous time
The use of "cheaper cuts of meat."

For sirloin steak I need not sigh,
From costly chops I must desist,
The choice rib-roast forbear to buy,
And on the chuck and shin subsist.
I thus may save my household hoard
These days when dollars' wings
are fleet,
And live as well as any lord
Upon the cheaper cuts of meat.

Alas, I found this all too true,
When I to purchase did essay;
The butchers read those pages, too—
They've raised the price without delay!

No fruit the frugal counsels yield,
My disappointment is complete,
The bitter truth is now revealed,
There are no "cheaper cuts" of meat!

—Elsie Duncan Yale.

Effects of Alcohol

A recent investigation showed that ten in every hundred of the children of drinking couples in London were consumptive, while only two in one hundred of the children of abstaining couples were similarly affected. A study of mental deficiency among school children showed that out of 20,000 cases, nearly one-third came from drinking parents. More than half of these proved dull in their school work; whereas, among the children of abstaining parents only one in ten proved similarly deficient. A physician recently declared that his investigations had shown that of 600 children born of 120 drinking mothers, 335 died in infancy or were still-born, several were idiots, and four in every hundred were epileptics. In examining into the history of 2,552 idiots, epileptic, hysterical or weak-minded children in a French institution, it was found that over 41 out of every 100 of the children had drinking parents.—Medical Magazine.

The Kitchenette

One of the tiniest kitchens I have seen is that of a "bachelor maid" who is both business woman and home-keeper. She owns a two-family flat, and occupies the upper one herself, occasionally renting one or two rooms to another "unattached" business woman who has the home-keeping instinct too largely developed to admit of a boarding house life. The kitchenette is a closet, four and one-half feet square; in the outer wall is a double-sash window, which raises from the bottom and lowers from the top; in the inside wall is, of course, a door. Under the window against the outer wall is a family-sized gas range, and when in use, all odors go out at the open window, top or bottom. On the sides are tiers of shelves broad enough for use; the lower shelf on either side being on a level with the top of the range. Under the shelves are hooks on which all sorts of cooking utensils may be hung, and boxes containing stores be placed on the floor,

while all sorts of boxes, bottles, jars, packages, find room on the upper shelves. Over the top shelves are racks for holding lids, pie-tins, and other flat things; hooks for spoons, ladles, and other small things of like nature. Under one of the shelves is a drawer for holding kitchen towels, etc., on the inside of the door are hooks for holding aprons, tea towels, and other necessities. In this little kitchen one can cook a meal for a good sized family, baking, brewing, stewing. The business woman learns that it is just as well to have only the necessary utensils for cooking, and to buy in small quantities, unless there is a cellar or basement in which the few things it pays to buy in suitable quantities may be stored. Business women are teaching their sisters many things, and one of them is how to get the maximum satisfactory results from the minimum of labor and expense. The day of the big, wide kitchen, with its miles of walking for the housewife, is past.

"Willow Plumes"

The willow-plume-making industry is only about five years old, but seems to have come to stay. The industry has grown enormously, and the largest concerns devoted exclusively to this business are in St. Louis, Kansas City and New York. The number of expert workers employed run well up into the hundreds. Girls and women are for the most part employed, as they do the work more quickly and neatly. In making a willow plume, the fibres on both sides of the central stem of the feather are trimmed to an equal length, then, from another feather of corresponding size and color, the fibres are cut away close up to the central stem. The nimble fingers of the operator picks one of the fibres from the pile and with a quick twist of her skillful fingers knots the two ends—the fibre on the stem, and the loose fibre, taken from the pile—together, then snips off the knotted ends so the knot is scarcely distinguishable. If the fibres are short, several may be knotted together, and nothing is wasted. Where but two fibres are joined, the plume is known as a single-knotted plume; where more than two knots are made, it is a double, or triple knotted plume, and where an extra large, sweeping plume is made, as many as five extra fibres are knotted together. In these knotted plumes, several feathers, according to sweep of the fibres, are used. After having passed through a thorough examination, it is curled and placed on the market. Many plumes are made from the old, cast-off plumes, and if they are skillfully knotted, they are as valuable as the new plumes, and will wear as well as new stock. No matter how worn, and apparently worthless the old plumes, they can be renovated and made into a thing of beauty; if of different colors, they can be cleaned and all dyed of one color, and any woman who has a few discarded plumes can, at a comparatively small cost, possess one of those beautiful creations, beautiful, durable and shape-holding.

Little Things

In order to do away with a collar band where one prefers a stock collar to a dutch neck, sew the standing collar to a sort of peplum of the material used for the waist; this is for the same purpose as the peplum

on the bottom of the waist, and will hold the collar to position without any gaps or extra pinnings.

Neat turn-over collars for gingham or other house dresses may be made of narrow lace insertion or edging, putting it into a band and mitering the corners. Bits of embroidery may be used in the same way, are easily laundered, and can be made of short-lengths or leavings, and if neatly made are very pretty as well as serviceable.

For button holes on children's garments, cut the bands on a cross-wise thread of the goods instead of lengthwise, and when the button-holes are marked on the goods, stitch around the marking with the machine before cutting, finish in button-hole stitch, and they will last much longer under hard usage.

For Men's Clothing

When trousers are "kneed," or "bag," dampen the bulge with a wet sponge, or lay a damp cloth over the place and iron with a pressing motion until the bulge is taken up. The dampening and pressing may have to be repeated.

Hang the coat on a coat form, instead of by the loop at the back of the neck. Coat forms can be had two for a nickel, or a better quality, five to ten cents each. The forms will last as long as you take care of them, and the coat will keep in shape.

In hanging up trousers, do not button the waist-band together and hang them up by this, or by the suspenders; get a hanger of the tailor, or ten cent store, two for a nickel, and the tailor will show you how to use them. If the trousers are folded properly and hung right, they will keep their appearance better.

To "crease" the leg of the trousers, fold with the seams on each side of the leg together, then lay a damp cloth on the fold and press well with a moderately hot flat iron. The cloth should not be too wet, and a towel is as good as anything.

Removing Stains

For removing peach stain, this is recommended: Put a teaspoonful of sulphur on a plate, add a few drops of pure alcohol and ignite. Over this place a tin funnel; wet the stain and hold it over the small opening in the funnel; allow the fumes to come in contact with every particle of the stain. The action is a quick chemical bleaching which is effective for any stain on white goods. Be sure to rinse the material immediately and thoroughly with equal parts of ammonia and water, then launder, as usual.

Gleanings

Domestic-science authorities tell us that there is no sure process for fixing color in linens. Linen merchants refuse to guarantee the color of their goods. Linen takes color readily, but the nature of the fibre is such that it is more than apt to lose some of its color through being exposed to sunshine or moisture, or in the laundry, and it takes a mordant so strong to fix the color that sometimes the fibre is rotted and weakened thereby. High-colored linens are always a risky investment, as they are almost sure to fade and lose color; they are bound to fade in time, no matter what care is given them, although if carefully laun-

dered and guarded from strong light, they are often fairly satisfactory.

Exceeding whiteness is one of the charms of linen, but the final bleaching of the finished product of the loom is tedious; the olden-time housewife often soaked her homespun in buttermilk as many as fifteen to twenty times, every time spreading its wet, heavy lengths on the grass in the sunshine. Grass-bleached linen is conceded, even by our best manufacturers, to be the best and whitest.

There are linen and cotton mixtures to deceive even the fairly wise housewife, and some of them are fairly serviceable, but one should not pay pure-linen prices for these imitations. Distrust so-called linen which is very highly dressed, or sized, for good linen requires no such aids. Linen is naturally high-glossed, and the dressing or sizing is generally used to disguise inferiority and mixtures. The attractive silkiness of mercerized cottons are often sufficient to deceive the housewife of small experience, but the cotton soon grows dull with washing and wear, while the pure linen grows glossier as it wears smooth. Do not select fringed table or toilet linen; the fringe soon wears off and gives a ragged appearance to the end. A good hem is much better in every way.

"Built-In" Furniture

A writer in a recent magazine mentions the fact that it is getting to cost a small fortune for the moving of a family from one dwelling to another from the fact that we "literally smother our houses with furniture" because of the lack of closets and conveniences that might just as well, and better, be part of the house itself, and thus enable us to do with less of the movable. There are too many barren wall spaces, ordinary, and in most cases, unnecessary doors and windows, and about all the rooms represent are square, boxlike compartments that literally demand covering up and crowding with articles of furniture, draperies, and the like. If those expecting to build will only demand of the architect that every foot of space shall be utilized for either beauty or convenience, so that each room is practically ready for occupancy without additional furnishing, our houses will be more like real homes, and instead of investing in single articles of furnishing that must be carted about from one habitation to another, paying prohibitive charges for the cartage, we should be willing to pay a better price for the building in which we can live with the real home feeling of stability. Book-cases, clothes closets, various cabinets, wall cupboards for purposes to suit the uses intended, should occupy the spaces that lend themselves to such conveniences. If one could do away with the movable kitchen "safes," tables, wash stands, cupboards, shelves, etc., and other heavy, unwieldy pieces, how much less the terrors of moving day! Presses, well cushioned seats, settles, and receptacles for the thousand articles one must have about the house, need none of them be very expensive. It is impossible to do more than suggest the possibilities of built-in furniture, as each house will have its own limitations and requirements, but if the one intending to build will find out exactly what will most add to comfort and convenience, and then call upon the architect to help them in their plans, half the horrors of moving day will be abated. Try the built-in furniture, wherever space will suggest the convenience.

Suggestions

Do not begin to make any dish until you are thoroughly familiar with the recipe, and have all the in-