



The Home Department

Conducted by
Helen Watts McVey

Back to the Home!

I know a little bachelor, with lots and lots of pelf,
And all the pennies that he gets he spends upon himself;
But oh, how he CAN moralize! And oh, how he DOES pine
For the "sweet old-fashioned woman," and extol the "clinging vine!"

And when, each night, he meets "the boys," where golden breakers foam,
He cries in tones dramatic, "Woman's place is in the HOME!"

I know a lot of lovely maids, oh, quite a score or more;
And each would make a charming wife for this same bachelor;
But the "horrid things" INSIST on trotting downtown every day,
And slaving in an office—just to keep the wolf away.
They SHOULD be darned someone's socks or knitting baby-shoes.
Their place is "in the home," of course—somebody's home—but WHOSE?

I know a girl of scarce sixteen, who rouses me to scorn.
She never stays at home at all, but trudges off each morn
And pounds a little type-machine—oh, "just to pass the time"—
And help her mother pay the rent. Such jolly is sublime!
Someone should really tell her to her pretty little face
That girls were made for "ornaments." The HOME is Woman's place!

I live, myself, within a big, luxurious hotel;
And, when I want my dusting done, I simply ring a bell.
I never do a single thing, but SCRIBBLE all day long.
I know, alas, this "idle" life is very, very wrong.
I should be doing fancy work, or polishing my nails,
But how I'd pay my bills that way—well, there my fancy fails!

What ARE the women coming to—to go at such a pace!
The "sweet old-fashioned girl" sat round and just massaged her face,
Worked cushion-tops, and curled her hair, and gossiped by the hour;
But lo, the modern woman goes at sixty-five horse-power!
Ah, well, I trust that some of them will read this little "pome,"
And realize, at last, that "Woman's place is in the HOME!"

Then Katy will not come back each day to put away my clothes,
And who will write my quips for me—well, Heaven only knows
The typist and the laundry-maid, the waitress and the clerk
Will stay at home, like ladies, then, and do "a woman's work,"
And all the men will gather where the golden breakers foam—
And wonder WHO on earth will do the work outside "the HOME!"
—Helen Rowland in St. Louis Post-Dispatch.

Ice Cream

One of our boys wants to know why we don't have ice cream once in a while. There are so many recipes for ice cream that it had not occurred to us to give them, but there are some items that may help. There

should be a good ice cream freezer, with plenty of ice and rock salt, which is better than common salt, and can be bought for the purpose; but coarse barrel salt may be used. The best whole milk is none too good, and if you can get rich cream, it is better; read well the directions for the use of the freezer, and follow them. The ice should be cracked into pieces not larger than a pigeon's egg, and it may be shaven closely like snow instead of pounding. Allow two pounds of coarse salt to six pounds of cracked ice. After packing the pail, pack the ice and salt around it firmly, turn the crank slowly and evenly, as this will insure smooth, velvety cream. If you have the book of directions which comes with the freezer, and which every one should preserve, you will know just how to proceed. There are a large number of good freezers on the market. For freezing water ices, more time, and more salt is required than for making ice cream.

For a plain ice cream, one may either use or not use eggs. But the cream made with eggs is richer. If a fruit cream is wanted, the fruit may be added to the plain cream when you stir it in freezing. If pure cream is used instead of milk, or milk and cream, it will double in quantity, and when you find it has doubled, do not stir any more, but take out the dasher or beater, cover up and repack with ice and salt; cover the freezer with anything that will keep off the heat, such as an old blanket, and let stand until the cream is solid.

For plain ice cream, heat three quarts of milk and add one and one-half pounds of white sugar; dissolve two tablespoonfuls of corn starch in a little cold milk and add to it eight eggs beaten very light; stir this into the heated milk, and stir long enough to cook the eggs and starch, then strain and set away to cool. When perfectly cold add one quart of fresh cream, flavor to taste and freeze.

"The Blame of It"

I am tempted to give you the following excerpts from a letter just received, referring to the article in a late Home Department, entitled, "Who pays the cost?"

"I rejoice in every article I read tending to awaken our women to the dreadful results of our slavery to—what must I say—fashion? or certain commercial spokes in our wheel of exchange which, at the extravagant expense of our women, mental, moral and physical, are kept turning. As for blaming the women themselves—why not? Not just one mother; but who are to blame, if women are not? The art of dressmaking is not dead; our trouble is that styles change so fast that we lose heart, and the mother is confused and weakened until she has reached the stage where "her chastening power" is lost. Effects produced by us return most to us; for instance the suggestive song: the singer reaps most of the effects, as she is connected with the atmosphere of her song. The way we clothe ourselves has its effect, and our nation, as well as humanity must pay the cost of effects produced by us as individuals. How ready we are for some woman leader (not man), to come to our rescue! Influence and leadership from high places can easily bring about a settled style of

dress—a true, womanly style. Then mother could rest mind and body from this fearful strain felt most forcibly by our country sisters.

"So, mothers, look—the clay is good, Plastic, pure, not tangled sod;
Let wisdom be the wholesome food That builds our image of our God.
Blest be this strong, pure mother love

That holds us firmly as we grow,
Until we're strong, and look above
The down path, here below."

—A. M. B.

Swiss Chard for Greens

One of our good friends, who believes in passing along a good thing when she feels that it will benefit another, sends us the following about an excellent salad vegetable: "Mention has been made of raising dandelions for greens, and I would like to call attention to Swiss chard, raised for the same purpose. It is sown and cultivated like beets, but must be sown thinly, as the plants grow quite large. It must not be pulled up, but the larger leaves cut off and used. It keeps growing right along, grows fast, and is, we think, equal to spinach. It is fine to can for winter. When I want some for dinner, I get enough to fill two or three cans besides enough for the meal, and put it up. For those who are fond of greens, it has no equal, as it may be cut until freezing weather. If the roots are mulched in cold weather it will come up in the spring; though it is rather nicer if the seeds are sown each spring and new plants used. It is not yet too late to sow the chard seeds this season."

Mrs. A. B., who sends in the above, says in her letter some very kind things about The Commoner and our editor-in-chief, with which we, of course fully agree, and would like to put the message in print, but fear the manuscript would be "held up" at the editorial desk. Many thanks to all our friends for their delightfully encouraging words.

In looking over our extensive "library of useful knowledge," we fail to find the slightest mention as to how swiss chard is cooked. Won't our kind friend send us her method of preparing it for the table?

Diseases of the Arteries

One of our readers who signs the name, "Bird," asks answers to the following questions: "What causes brittle and other diseases of the arteries? What is the remedy? What other diseases do diseased arteries cause?" A physician's answer is, to the first question, calcification of arteries, due to age, overstimulation, and disease of the coating of the arteries; to the second question, remedy is diet, buttermilk; medicine. Varies and depends on the individual case. Diseases caused are apoplexy, hypertrophy of the heart, congestion and anemia.

To make the matter plainer, we copy the following from Home Encyclopedia by Dr. E. B. Foote: The blood vessels which carry the blood from the heart, branching off to all parts of the body, are called arteries until they run off into the smallest channels, and these are called capillaries. The arteries have three coats, like some rubber tubing or hose; an outer firm, fibrous tubing; a middle muscular elastic layer, and a glazed inner surface. The most uncommon change in disease is one which belongs mainly to advanced

life, called sclerosis, or hardening of the arteries; the tube loses its elasticity and becomes hard and stiff through partial ossification. This leads to various infirmities of old age. Any treatment, to result in good, must be given by the physician to the individual case. Sclerosis results in thickening of the wall, diminution of the calibre, and hindrance to the normal blood supply. Atrophy and softening of the brain from lessened blood supply, apoplexy from a broken vessel and gangrene of the extremities arise from this cause. Weakness of the muscles gives rise to other distressing symptoms, affecting heart, stomach, bladder, bowels. Aneurism is a disease consisting of a local softening, weakening and expanding of a blood tube. The tendency is to a progressive enlargement and thinning of the walls until death occurs by rupture. If interested in the subject, "Bird" should ask the loan of medical works treating on the subject from the library of the family physician.

Some Fruit Syrups

Fruits which are rich and ripe, but too soft for canning or preserving, are fine for syrups. Fruit is cheapest when at its prime and plentiful. Currant, cherry, strawberry, pineapple, lemon, orange, blackberry, raspberry are all good. The juices are used for summer drinks by thinning with water and placing on ice; the ice should not be added to the water, but packed about the vessel. The fruit juices must be canned in air-tight jars or bottles. Crush the fruit, drain off all the juice possible without squeezing, and to each quart of juice add three-fourths of a pound of sugar. Put sugar and juice together in a preserving kettle stir over a slow fire until the sugar is melted, then boil briskly and skim for five minutes. Fill self-sealing jars or bottles as for canning, and seal while boiling hot. If bottles, dip the necks of the bottles in melted paraffin wax, or in some sealing wax to make air-tight.

An excellent drink for an invalid is made by putting in a tumbler two tablespoonfuls of fruit syrup, the white and yolk of one egg broken in the glass; finish filling the tumbler with bottled soda, that has been on ice, mix thoroughly in a shaker until it foams, pour out, add a dash of phosphate, sprinkle over the top a little grated nutmeg, and serve quickly.

Query Box

A reader asks for formula for making quinine wine: Who has it? M. M.—Chloride of lime placed in cupboards or pantries will usually drive away mice.

D. S.—Aluminum kitchen ware should be cleaned just as you would silverware, with the same care to use nothing that scratches for polishing.

Annie S.—If a sheet of sticky fly paper is hung just outside the kitchen door, the flies, on struggling to get in when the door is opened, will get caught on the paper. Try it.

Housewife—There is a folding bath tub on the market, made of waterproof material hung in a wooden frame, and when not in use can be folded into a flat package occupying little room.

Mrs. L. K.—For the damp cupboard, try setting a box of unslaked lime in the corner, or smaller pieces on the shelves; it will absorb the moisture and remove all musty odor.

Camp Sandwich—Waxed paper comes in rolls containing many sheets, and can be had at the five and ten cent stores for five cents the roll; or, in rolls of thirty-six feet for fifteen cents. It is excellent for wrapping all kinds of food, and