



The Home Department

Conducted by
Helen Watts McKee

"Passed On"

With thin fingers clasped o'er his motionless breast,
And eyes closed forever to earth's changing light,
His struggles all over, his worn heart at rest,
And over his features the "wonderful light,"
The world gathers round him with feelings of awe,
His friends gather near in the shadow of grief,
And each feels a chill on his heart's fibres fall,
From which we in vain seek a silent relief.
For somehow, the dead, as they lie in the shroud,
In eloquent silence speak louder than words,
Rebuking the vain and the selfish and proud—
Be it king on his throne or shepherd of herds.

We take up the casket with tenderest hands,
Our heads bare and bowed in humility's guise,
For this is the homage that Nature demands
Alike from the lowly, the high and the wise.
We know that he came, bringing nothing at all;
We see that he goes, taking nothing away;
We know that he passed at the summoning call
Of Power that we know not, yet each must obey.

So helpless, so silent, so still and so cold—
So weak, yet no longer to tremble with fears;
To him earth is useless, save but to enfold,
The pitiful dust that we touch in our tears.
Who knoweth his destiny? Who can foretell
The lot that awaits him, at set of life's sun?
He only who doeth his earth-labors well
Can calmly contemplate the life now begun.

—I. Curtis.

"Advice to Women"

There is plenty of it, and a lot of it is good advice, for it is well known that, if you want a thing satisfactorily done, you must do it yourself. And this is true in nothing more than in doing the family marketing. For the housewife who has much marketing to do, it is a profitable investment of strength, and right after breakfast is a good time to get about it. It is true that the morning hours are the best for kitchen work, and if one leaves the morning work until she returns, tired out with her trip to the markets, she does not feel much like "pitching in" to her belated cleaning, but it is also true that one hardly need go every morning to the market.

In the matter of dish washing, many women wash everything in the same water, with the same dish cloth; some claim that there are women who use the dish cloth for the stove and the linoleum as well as the dishes; but perhaps this is not so. It is better to have a fine cloth for the table ware, another for the colored, or cooking dishes, a third for the stove, and the linoleum should not be washed with dish

water, but should have a cloth for itself. And these cloths should all be kept clean, washed after every using, and dried in the open air.

For Canning Time

Be sure the jars you buy are whole, and with no flaws in the glass. If you have a supply that has been used, be sure they are cleaned and well sunned, and that the tops are whole, fit closely, and that the rubbers are new and flexible. Old, hard rubbers, with bent and possibly broken tops are sure to allow the contents to spoil, no matter how carefully the work is done. Test not only the jars, but the tops and rubbers. Do not try to cook fruit in tin or granite-ware. Use enameled, porcelain-lined, or aluminum. The porcelain-lined or enameled ware is the best, if it is whole, and not chipped. A preserving kettle should be used for no other work—never for cooking.

The best way is to can or preserve but a few glasses or jars at one time, doing a little every time we can get fine fruit. Choose fruit which is not over ripe, and be sure it is clean.

In making jellies, do not cook fruit with stems on, such as grapes, currants, or gooseberries, for the jelly will not be as clear, and the flavor may not be as fine. Have the syrup boiled a few minutes by itself, then have the sugar heated and pour into the boiled-down juice.

Many persons think that fruits already canned or preserved are cheaper than they can be put up in the home. Well, perhaps; so far as money is in question; but the best of canned or preserved fruits and vegetables taken from the store shelves are not as good as the home product, if care is taken to put up the good fruit only, and in a careful way. "Store" preserves and jellies are an outrage, though one can train themselves to use them, if we must. But, must we? It is hardly to be recommended that the busy housewife, who has more than her limited strength can stand, should do all the canning or preserving for her family; but it is a good idea to do what can be done, especially in preserves and jellies.

The Foods We Eat

A story is told of Mark Twain and a young author who wished to know how much fish he should eat to give him the requisite amount of brains. Twain replied that he could help the young author to decide on the amount of fish he thought he could eat, with certainty, but if the specimen composition he sent was about his fair and usual average, he (Twain) would judge that perhaps a couple of whales would be all he would want for the time; not the largest kind; but simply good, middling-sized whales. One should eat the best and most suitable food to be had, and then let it go to such organ as nature assigns it to. Nature has a way of knowing which one of her children is to be looked after. A narrow, meager diet should be avoided, and stimulants, condiments, and very rich foods should be partaken of sparingly. Simple, plain food, eaten at regular hours, and given proper mastication, is the best diet for every one. Old people do not need so much food as young people, and the little they eat should be nourishing, rather than simply fill-

ing. Milk and eggs have always been regarded as the best food for delicate old people, but to have the best results, they should be properly prepared. Many people are beginning to doubt that they are the best food for the old children, whatever they may be for the babies.

The acids of fruit are used to cleanse the mouth, throat, stomach and the intestines; they kill the germs that have entered with the food eaten, cool the blood, help the organs to eliminate the poisons of the body, help the liver cells to do their work, and give to the body a very important part of its building materials. Vegetables and fruits supply the body with the needed salts and mineral elements, and should be taken in combination with grains and nuts.

Sour bread is not fit to eat, and the best thing to do with it is to throw it into the fire, or the fertilizer heap, and save suffering and discomfort to the digestive organs.

Caring for the Babies

Fretfulness and irritability are generally symptoms of ill-health, and should never be recklessly or lightly rated. An irascible disposition in children should not be dealt with by punishments, as a well child is a happy child, and a sick child is inevitably a fretful child. Divert the child's mind; give it something else to think of, and the temper will improve.

The baby should be encouraged to crawl on all-fours as soon as it shows a desire to do so. This exercise develops all the muscles of the body. Do not try to get it to stand up until it is ready of itself to do so. Premature walking results in "bandy-legs."

Excess of nourishment is far less pernicious than deficiency; insufficiency of diet, or a faulty digestion which does not get the nourishment necessary from diet given, lays the foundation for scrofula, tuberculosis in some form, and many other diseases. In a child of good constitution, with active habits, the natural appetite is a good gauge to go by, and if symptoms of over-eating appear, the supply should be for a time withdrawn. The food must be proportioned to the constitution and habits of the child.

A good wash-over is a necessity to the child, and the more delicate the child, the greater care should be taken to keep the skin clean. A healthy skin is a clean skin, usually, but a bath won't do any harm, if properly given.

The milk for a baby should never be boiled, but merely scalded. Boiling deprives it of one of its nutritive principles—albumen—which rises to the surface in a thick scum. Sugar should be added to the milk only at the moment of taking it, and very little at that time. An excellent breakfast for a child of sixteen to eighteen months is made of stale bread crumbled down, with an egg boiled for one minute mixed through it, and cold milk drank with it.

For the Market Basket

When buying meats, there are some rules to follow, in order to get the right kind. Beef, if it is young, will be of a good red color, with fine, open grain, and the fatty parts clear and white. The beef from a cow is closer-grained than from the ox, and the lean part not so red; but

the fat will be white. When beef is deep red, the fat hard and skinny, it is of inferior quality. Mutton is regarded in its prime when five years old; the firmness and fineness of its texture, good color, and white, firm fat are marks for choosing.

Lamb spoils very quickly after being slaughtered. If kept long the veins in the neck will have a greenish hue, instead of the normal bluish hue. In the hind quarter, examine the kidney and knuckle for the same mark. If kept too long, the knuckle will not have the fine appearance it should have if fresh. Veal should be of a delicate whiteness, but a deeper color is more juicy and well flavored. The loin will furnish the best chance to judge of veal. If the kidney is surrounded with fat, firm and white, deeply imbedded therein, it is good; if the suet is soft and the meat of the kidney flabby, the animal has been kept too long. Veal is not regarded as wholesome food.

Pork meat will be smooth and cool to the touch if fresh; when flabby and clinging it is not good; the skin should be thin. If there are enlarged glands or kernels, so-called, in the pork, it is unhealthy and should not be eaten. Bacon should have the fat firm and of a reddish tinge, the lean should be firm to the bone, with no yellowish streaks in it. A knife stuck into bacon should come out not having any meat sticking to it, and with no unpleasant odor.

Where any kind of meat, advertised as "special sale," is slimy and soft, it should not be used.

Bits of Information Asked For

To preserve eggs, an old way was to take nice, fresh eggs, some white-wash and a brush and paint the eggs all over, giving them a good thick coating of the wash. After they are dry, pack them in salt, with the small end down, covering with salt each layer, and putting in layer after layer until the box is full. Cover with several inches of salt on top. When you wish to sell, or use, take them out of the box, wash off, wipe dry with a soft towel, and place on sale at once. The lime fills the pores of the shell and preserves the contents. Some advise that dipping the egg in the whitewash serves the same purpose as brushing it.

Men Borrowing the Savings of Women

In a recent court proceedings in a Kansas town, the judge warned women and girls against lending their savings to men borrowers. It is not alone in the Kansas towns that such things are practiced, and everywhere, girls and women are being robbed of their money through the habit of men borrowing of them, as they know they can not borrow of other men. Sums from a few cents well up into the hundreds of dollars are lost by the kind-hearted women and girls who have faith in the promises of their friends. It is said that such cases are not infrequent in the small debtors' courts, and the judge has warned the girls to quit lending to men, whether they know them intimately or not. Men who borrow of women seldom have any security; if they had, they could get any sum the security justified; but in borrowing of women, they offer no security, and they are not always anxious to pay back the principal. When a man comes down to borrowing small sums from women, whether he intends to pay it back, or not, it is usually presumed that he does not, and it is time women learned to trust no man in even small money matters.

Odds and Ends

Tartar on the teeth is due to an unhealthy condition of the stomach, as are many other of our mouth troubles. If the tartar is left on