



The Home Department

Conducted by
Helen Watts McKee

Housewifery Up-to-Date.

Give me a spoon of oleo, ma,
And the sodium alkali,
For I'm going to make a pie, mama,
I'm going to make a pie;
For John will be hungry and tired, ma,
And his tissues will decompose;
So give me a gramme of phosphate,
And the carbon and cellulose.

Now give me a chunk of casein, ma,
To shorten the thermic fat;
And hand me the oxygen bottle, ma,
And look at the thermostat;
And if the electric oven's cold,
Just turn it on half an ohm,
For I want to have supper ready
As soon as John comes home.—Ex.

A Hygienic Home

My wife and I are trying hard
To live on healthful diet;
We read the food chart by the yard,
And run our kitchen by it;
We've banished from our bills of fare
All that such guides condemn;
True hygiene is all our care,
As planned and taught by them.

For breakfast, coffee is tabooed,
Hot cakes and eggs forbidden.
And milk, since it is oft imbued
With germs profuse, though hidden;
Bread is unwholesome, so is steak,
Submissive to our lot,
Oatmeal and Graham gems we take,
And drink boiled water, hot.

For dinner, soup will never do,
And oysters typhoid nourish;
Salads, entrees, and ices, too.
Are mere dyspeptic flourish;
Potatoes (by the last advice),
Are poisonous, we're told;
We eat rare meat, chopped fine, with
rice,
And drink boiled water, cold.

For supper—some professors teach
'Tis best to go without it,
But since discretion's left to each,
We take our choice about it;
On chickens, waffles, tea and cake,
We are forbid to feed;
But gluten wafers, cocoa (weak),
And prunes, are all we need.

It grieves us much our friends to view
So reckless in their diet;
Our wholesome menu we pursue
And beg of them to try it;
But appetite's ungodly sway
Their nature so enthalls,
We can not get a guest to stay
Within our healthful walls!
—P. Leonard.

Our Home Chats

You see, we are house-cleaning, this week, and consequently have not much time for our usual gossip. But we are only going to do one room at a time, and not exhaust ourselves unnecessarily. We are going to do thoroughly whatever we undertake, beginning at the top and working leisurely down, taking stock of the closets, and all other storage places as we go. We expect to have our meals on time, although they may be a little plainer than usual, and we intend to leave

BETTER THAN SPANKING

Spanking does not cure children of urine difficulties. If it did there would be few children that would do it. There is a constitutional cause for this. Mrs. M. Summers, Box 169, Notre Dame Ind., will send her home treatment to any mother. She asks no money. Write her today if your children trouble you in this way. Don't blame the child. The chances are it can't help it.

the stoves up as long as we can, that none of us shall be laid up with coughs or colds. We expect unlimited assistance from the masculine members of "the firm," in order that we may keep from fretting and scolding—which a woman invariably feels like doing when she is working too hard, or undertaking tasks beyond her strength. We recognize the fact that the men and boys are tired, but so are we; the change of work will generally rest them, while it will cheer us up to have them responsible for a few things. We expect to put the home before the house, and we are perfectly willing that they shall help us in our home-making. Men make excellent housekeepers, if they are only allowed to try their hand, and the fact that everything will shine when we get done the extra doing will be an incentive to their dormant ambitions. Anyway, there is no better way to learn how a thing is done than to do it one's self, and the experience may be an "eye-opener" to some of them who think a woman should not complain so much, just because she does a little housework.

Some of us will be house-cleaning all through this month; with others, it will be the work of the hour all through the next month, and, as we go further northward, we will still find it the order of the day until the sweet June hey-days overtake us.

One of our good friends asks for the names of those wanting reading matter, as she has a lot to dispose of. Any names sent me I will forward to her.

Some things must be crowded out, for the day is not long enough, nor the strength of woman great enough to accomplish everything. Let us see that it is the thing of least importance to our daily well-being that must be let go of.

Query Box

(Most of our Queries are answered under other headings this week, and our readers are referred to them.)

Agnes M.—Pillow shams are not now used as much as they were. A bolster roll, made of paste-board or wood, covered with material to match the spread takes the place of the pillows by day. The night pillows may be stuffed into these hollow forms during the day, if liked.

I. G.—To shut off the disagreeable view, while still getting the light, dissolve Epsom salts, as much as it will hold, in a little water, and paint over the window pane with this mixture while it is hot. When dry, it will be a fair imitation of ground glass.

"A Shut-In."—For the stomach trouble, fold a cotton or linen cloth into several thicknesses, wring out of very hot water—as hot as can be borne—and lay on the body, from well up on the chest to middle of the abdomen, covering with a thick fold of flannel; draw the bed-clothes over this, and as the heat subsides, dip the cloth again in the hot water and apply until the pain is relieved. The water must be kept hot. This will greatly relieve the inflammation of the stomach.

Martha.—March is a good time to start your cannas. Before planting, the seeds should have the hard, outer shell filed through so that the white inside shows, then put into a teacup and boiling water poured over them, and left to soak for twenty-four hours.

Then take out any that have burst the shell, repeat the filing and scalding of the others, and as they crack open, plant in good soil in the house, keeping warm and moist, and they will soon germinate. Keep them growing in the house until all fear of frost is over, when they must have a sunny situation, rich with manure, and plenty of water. Some of the seedlings will be fine, but perhaps a few may be poor. The poor ones should be pulled up and thrown away as soon as they bloom.

A Good, Common White-Wash

One of the very best purifiers and disinfectants known, as well as one of the most inexpensive, is common stone lime. For many purposes, it can be used in the lump, slacking by exposure to the air, taking up dampness and bad air as it disintegrates. In this form, it is used generally in cellars, about drains, etc., but the more convenient way is that in solution, applying with a brush, known as white-wash. To make this whitewash, suitable for all disinfecting, purifying and sweetening, especially for out-houses and cellars, take three gallons of hot water, handful each of sifted wood ashes and clean barrel salt, with a pint of soft soap well stirred in, and add slacked lime until thick as good buttermilk; apply plentifully with a brush.

For inside walls, take one bushel of unslacked lime, three pounds of sugar, five pounds of salt; slack the lime with cold water, add the salt and sugar, strain through a sieve, and reduce to the proper consistency with cold water, applying with a brush. This is recommended for brick, or rough board walls.

A Brilliant and Durable White-Wash

This is usually known as the government whitewash, and no matter how often it appears in print, there is always a call for its reappearing. As it must be applied hot to any surface, it should be made or kept in a large kettle or portable furnace, in order to heat as wanted. It is claimed that about a pint of the mixture will cover a square yard upon the outside of a house, if properly applied, and that it is suitable for wood, brick or stone, answering as well as oil paint, and being much cheaper, and will retain its brilliancy for years. Brushes large or small are to be used, according to the neatness of the job required. Coloring matter may be used, varying the tints to suit the taste. No matter what quantity is desired, these are the proportions in which the ingredients are to be used:

Half a bushel of good, unslacked lime; slack with boiling water, covering during the process to keep the steam in; strain the liquid through a sieve fine enough to retain all unslacked lumps. Dissolve a peck of clean, barrel salt in a little water, and add to the solution; boil to a thin paste, three pounds of rice and stir into this boiling hot; one pound of nice glue, previously dissolved (to dissolve the glue, first soak until soft, then put into a vessel, immerse this vessel in another larger one full of boiling water, and boil until liquid) in water, and half-pound of whiting. To this mixture, add five gallons of hot water, stirring well, cover closely and let stand several days.

When so good a whitewash as this is claimed to be can be so cheaply

made, it is strange that any farmer will live, or let his stock live in dark, dingy quarters. I wish I could "enthuse" all of you to the point of "getting busy" about fixing up things about the farm and home. And now is the time to begin in earnest.

For Lenten Dishes (Contributed.)

Italian Macaroni.—Half a package of Macaroni or vermicelli boiled in salted water until tender. One can of tomatoes, stewed for half an hour (with three or four cloves, if liked); teaspoonful of salt and one of sugar; thicken with two tablespoonfuls of flour and butter blended. Strain, if desired. Three or four sliced onions fried in butter. The ingredients are all to be cooked separately, then put together. This quantity makes enough for six persons.

Fish Cakes.—Remove bones from a sufficient quantity of cold, boiled codfish, fresh or salt, mix with it two-thirds as much mashed potatoes as you have fish; add a little butter and enough beaten egg to make the whole into a smooth paste. Season with a little pepper, and if fresh, a little salt; make into cakes an inch thick, roll in flour and fry in hot butter, or equal parts of sweet lard and butter.

For the Piano Case

Answering M. E. M., either of the following recipes are recommended for the renovation of furniture. To get the best results of the mixture, however, one must expect to do considerable hard rubbing. Very little should be applied at one time, and this should be thoroughly and evenly rubbed into the wood, and then the polish brought out by persistent hard rubbing with a dry cloth, sponge or chamois skin.

Alcohol, one and one-half ounces; spirits of salts (muriatic acid), one-half ounce; linseed oil, eight ounces; best vinegar, half-pint; butter of antimony, one and one-half ounces. Mix, putting in the vinegar last. It must be well shaken every time it is used.

In some country drug-stores, butter of antimony can not be had; in which case, try this one:

Alcohol, half a pint; pulverized resin and gum shellac, each, one-fourth ounce, and a few drops of aniline brown. Let stand over night, then add three-fourths pint of raw linseed oil and half-pint of spirits of turpentine. Shake well. When to be used, shake well, again, and apply with a sponge, cotton flannel cloth, or fine brush, rubbing it into the wood, then polishing with a chamois skin until it shines. The more rubbing you give it, the better the polish. These are both old, well-tried recipes, and any druggist will put them together for you.

All well-cut patterns necessitate the stretching of those edges which occur on a bias of the texture to insure the part setting without a wrinkle. For instance: a front shoulder edge, to give that taut appearance we all wish, should be well stretched and should dip downward slightly, while the back one is eased to it and either cut straight or with a slight upward curve. The front neck edge, where it is on the bias, is also usually a much better fit for a little stretching, which, in both cases, must of course be done when the lining and the material are together.

House Cleaning Helps

To prevent your rugs from curling up at the corners, face them (as you would face a dress skirt) on the under side with a piece of narrow hemp webbing, such as is used to hold furniture springs in place.

For wash curtains, plain white lawn, at seven to ten cents a yard, makes pretty and inexpensive ones. Two for each window, and the inner sides and