

# The Home Department

Conducted by Helen Matis Noyes

## Bite, Bite, Bite

(With no apologies to A. Tennyson)  
Bite, bite bite,  
On my weary frame, O flea,  
And I would that my tongue could  
utter  
The thoughts that arise in me.

Oh well for the others at rest,  
That they snore undisturbed away.  
And well for the fleas. At best  
I'll ne'er go to sleep 'till day.

And the clock ticks merrily on  
As it strikes in the same old way.  
But oh, for the bed in my room at  
home  
Where I slept clear into the day.

Bite, bite, bite,  
I have you at last, O flea;  
But the tender joy of a nap that's  
fled,  
Will never come back to me.  
—"Rosemary."

## "In Summer Time"

Many of our readers will be enjoying a much-needed vacation during the months of July and August, but not all. The major portion of us must make the best of what fate brings us, and if we try very hard we shall find a "best" side to every condition of life. Because we can not get out of the treadmill need not dismay us. Our heads can still be among the clouds, and even a treadmill can be stopped sometimes. These hot, mid-summer days bring a breathing spell to most of us; the spring work is all done, and Nature is perfecting her beginnings and preparing for her harvest. Although the season of reaping is already at our door, there are yet many moments in which we may fold our hands, trusting to the chemistry of earth, air and sunshine to fulfill the promise of seed-time, and even the busy house-mother, intent on "gathering up the fragments" of forest, field and garden, should have her rest hour. I say should, for it is as much a woman's duty to plan for and take her rest hour as for her to plan for the busy one. In some families and seasons, this may call for close planning; but at any cost, nature demands it—even that of a sick-bed from overworked and exhausted nerves. It is better to take rest as a preventive than as a curative.

Now is the season when it pays to live the simple life—to eliminate from the day's duties every useless, burdensome thing. Look about you and see how Dame Nature works; there is the season of growth; and when the work of growing is finished, comes the season of ripening—a resting in the sunshine or the shadow. It is the "mid-way;" we need not look backward; we should not look forward; let us look about us. Let us rest the body and invigorate the mind. There will be both time and strength to work, then, when the call comes. Let us "take time." Let us get acquainted with ourselves and each other, and with our environment of both earth and air.

## For the Housewife

Do not make a bugbear of company.  
Treat your chance guest as you would  
wish to be treated in like emergency.

**AN OLD AND WELL TRIED REMEDY**  
MR. WINSLOW'S SOOTHING SYRUP for children  
teething should always be used for children while  
teething. It softens the gums, allays all pain, cures  
wind colic and is the best remedy for diarrhoea.  
Twenty-five cents a bottle.

The "dish of welcome" is better than the most elaborate menu without it, and an embarrassed hostess seldom makes a satisfied guest. One is not supposed to visit you for the sake of the food set before her. Give the best you have, cordially, cheerfully, and if your guest is worth the trouble, she will appreciate the situation.

"A feast or a famine" describes some housekeeping failures; too much of one thing with too little of another; and this is generally due to the lack of harmony between the views of the one who plans to provide the table and the one who pays the bills. A certain amount should be appropriated for table expenses, be it little or much, and by this means, the housewife will always know how to proportion her buying.

During the hot months try all the labor-saving appliances you can manage. Try to get the heaviest cooking done early in the morning, and arrange matters so that the house will not have to be heated up for the dinner preparation, whether the dinner is at twelve or at six. Many things are just as good cold, or re-heated as though just out of the oven, and these can be prepared in the cool of the morning. Do not have pies or puddings, if you can have fresh fruits. Salads can, in many instances, take the place of the accustomed meats, and it would be better for both the health and the pocket-book to ignore the butcher.

For hot weather drinks there is nothing better than those made of cold water and fruit juices, with ice if you have it, but as cool as possible, if not. Acid fruit juices are best with which to quench thirst. Fruit punches are easily made, if the housewife remembers to bottle plenty of fruit juices when canning the fruits.

## Macaroni

In most of recipes, macaroni is referred to as "boiled macaroni." In general, macaroni requires plenty of water to cook it properly, as much as two quarts of salted water being required to cook one-fourth of a pound, which will make a "mess" for six persons. The paste may be put in whole, or broken in short pieces; the water must be boiling hard, and well salted. Twenty to forty minutes, as one likes, is the length of time required for cooking it. Shake the vessel in which it is cooking at intervals to keep it from sticking. When it is tender, turn it out into a colander and drain; then pour cold water through it while in the colander and hot, to blanch and wash off the sticky starch which gathers on the pipes while cooking. It is in this form that the material is used in the various recipes given for its preparation.

**Macaroni, a la Creme**—Put two cups of milk to boil in a double boiler; rub together two and one-half tablespoonfuls of butter and three and one-half tablespoonfuls of flour until smooth; add to the hot milk and stir until it thickens; salt, and add a dash of pepper. Place alternate layers of the sauce, boiled macaroni and chopped American cheese in a baking dish, sprinkle the top with cracker-crumbs and brown.

**Macaroni with Cheese**—Melt two tablespoonfuls of butter, grate four ounces of cheese, use one-fourth pound of boiled macaroni; grease a baking dish, cover the bottom with macaroni, pour over a little of the melted butter and sprinkle with grated cheese; con-

tinue to do so until all is used, having the last layer cheese; brown in a quick oven and serve in the same dish in which it was baked.

## Watching Baby's Comfort

Even during the hot months, care must be taken that the baby does not suffer from changes of temperature. Our hottest-days often begin with a very cool morning; or, a breeze may spring up at nightfall, giving us a cool night. It is much easier to add a light outer garment in the morning, or put on a heavier gown at night than to cure a cold which, however slight, may bring on a hazardous bowel trouble. As the day advances and the temperature rises, the outer garment may be laid aside. It is a real pain to one who is observant, and who loves babies, to see the little limbs roughen with "goose bumps," and mottle with cold, to which appearance the thoughtless mother gives no heed, and yet wonders "how on earth, the baby got the snuffles," or what he has eaten to derange his little stomach. It is a pitiful thing to see the girl mother's ignorance as to the meaning of the most glaring symptoms of discomfort and threatened illness of the baby she so dearly loves, yet exposes to such trying risks. Before we cry out for more children, let us teach our girls and boys the responsibilities of parenthood—the intelligent care of those given to them. Better one live, healthy baby than dozens of diseased or dead ones. If it is a truth that a baby has the right to be "well-born," it is of equal importance that the little body should be intelligently cared for.

## Waifs of a Great City

Of the 36,000 children cared for by the Juvenile asylum of New York City since its founding in 1851, only twenty-one per cent have been of American parentage, the majority representing the thickly populated immigrant districts of the East Side, where blacks mix with whites from many foreign nations. This asylum seeks in a practical way, to save the youngsters from their early training at as small an expense as possible. Their fundamental ideas are built on the manual training school systems, which cover the practical industries. Over 1,500 pairs of shoes were made during the past year by the shoe-maker and his ten boys, and, after working hours, the same teacher instructed his flock in a cornet band which, on festal occasions, delights the audience. The baker and his ten boys make all the bread and rolls used in the asylum, and the tailor, with his seventy boys, make trousers, coats, caps and smaller articles of wearing apparel. Some of the girls are trained as waiters, while in the kitchen department expert training is given to all. Charts of the various animals from which come our meat supplies are hung on the walls, diagramed to show the proper cuts; lists of food, classified according to dietary value, are memorized from neat copy books in which have been entered tried recipes. These little maids are in great demand, and are often more proficient in culinary science than the women who employ them.

Through the care and training given these waifs, many of them have risen to high rank in educational lines, in business, professions, politics, and in

the army. There are a great many institutions of this character in all the great cities.—Metropolitan Magazine.

## Caring for Baby's Eyes

American Motherhood says: "Now for the baby's sore eyes. Boil some old linen handkerchiefs; cut them into small pieces an inch and a half square; dissolve a teaspoonful of boric acid in a pint of water, put this solution into a bottle and cork it up. Every morning strain some of this water into a teacup, then, with one piece of the soft linen wash one eye, throw the linen away and take a new piece of linen for the other eye; never use the same piece for both eyes, but burn the piece used immediately. Use tepid water, and do not rub the eyes.

If you are obliged to use hard water for baby's baths, soften it with a pinch of borax, or, if there is a breaking out on any part of his body, add boiled starch to his bath; or put a couple of tablespoonfuls of oatmeal in a piece of cheese cloth and squeeze that in the bath water until it looks milky. This is one of the best things for eruptions or chafing."

The baby's bath towels should be soft and absorbent, and the tender little body should be patted dry, rather than rubbed. Only the purest soap should be used, if any, in the bath. No scented soap should be tolerated. If the baby is kept clean, with close attention to its clothing, it has an aroma of its own that is more agreeable than any perfumery; but if you must use an odor, the scent of lavender is at once refreshing and clean-smelling, and it may be obtained by packing dried lavender blossoms among the baby's linen. There is nothing more disappointing and disagreeable than a "bad-smelling" baby, and, if even ordinary care is given it and its belongings, there is nothing else necessary. Even the smell of sour milk is not to be tolerated. Do keep the baby sweet-smelling.

## For the Sewing Room

If you wish to shirr a girdle or ruffles, it can readily be done on the sewing machine by making the upper tension thread quite loose, and stitch where you want it gathered, then pull the lower thread until it is shirred as you want it. The end of the thread must be fastened securely, or it will pull out.

For protecting the edge of the skirt bottom from wear, after hemming or facing the skirt the length wanted, baste inch-wide braid so it will come about one-eighth of an inch below the edge; the upper edge of the braid must be "blind-stitched" to the inside of the hem or facing, and the lower edge should be fastened with a running stitch of very short stitches.

Before putting on any garment, be sure that the tapes, buttons, button-holes, hooks or eyes are all in place and securely attached. It may save you some very mortifying experiences. Do not get in the habit of depending on pins, even the safety-pin, and be especially careful if you depend on tapes, for a worn or loose tape may fail you just at some critical moment, in some situation where it will cause much embarrassment to repair the disaster.

The despised "Mother-Hubbard" gown, or house-wrapper, is again in use, and is made as simply or as elaborately as one wishes. If properly made, it is not only comfortable, but becoming. There is usually a founce,

## BETTER THAN SPANKING

Spanking does not cure children of bad writing. If it did there would be few children that would do it. There is a constitutional cause for this. Mrs. M. Summers, Box 118, 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.