



# The Home Department

Condensed by Helen Watts Meyer

## Songs of the Valleys

Songs of the valleys, sweet valleys,  
over the hills unto me  
They come like the song of the mystic  
that sobs in the voice of the sea!

Songs of the valleys, I hear them,  
from valleys of violet and dream,  
They come like a ripple of music,  
breeze-borne on the breast of the stream!

Songs of the valleys, forever, their  
echoes sweep by many fold;  
They sing of the birds and the blossoms,  
the meadows bloomed over with gold;  
Of quiet, green cloisters of clover  
and wind over wavering wheat,  
And poppies, vast acres of poppies,  
in the valleys down under our feet!

Songs of the valleys, sweet valleys,  
far back in the infinite years  
They echo the songs of life's laughter,  
they echo the sign of its tears;  
Ah, beautiful, beautiful valleys, I  
never shall have any rest  
'Till I lie where the blooms of their  
beauty swing down through the  
dream of my breast!

—Baltimore Sun.

## Hiding the Unightly

When you are rambling about during the summer and autumn months, take notice of Mother Nature's methods. She never allows an unsightly thing to show, but covers everything with a screening of bush or vine, or bank of weeds. Every old fence, stump, stone, brush pile, wall, ledge, or face of cliff she drapes with her masses of color, or covers with her velvet of moss and grass. If she can not drape or cover, and in many cases where she can, she buries it out of sight and sets her myriad forces to making food of it for other life. There are many things we can not have, but beauty is not one of them; everywhere it is within our reach. We may not have money, but on every hand are thrifty bushes, shrubs, creeping and climbing things, which may be ours for a little labor. The rough unsightly places will be all along life's pathway, but we can screen them with nature's tapestry, both physical and spiritual, for no matter how unpromising the soil, there is always something which will grow and beautify it, if we so will.

## Methods of Money-Making

There is no end to the schemes outlined in the domestic departments of various publications, by the following of which money may be earned by the home keeper who can not leave the home. Many of these plans bear the mark of feasibility, and in the hands of the proper person, under proper conditions, may be worked out successfully. But it is easier to plan than to make the plan "come out right" in practice. There must be more than the plan. There must be individuality behind it, and not every woman is fitted either by nature or by education, to handle a scheme to its successful unfoldment. To make money, there must be business methods, as well as painstaking industry and good judgment, and one must "grow" into a business, rather than "go" into it, if profit is sought. There must be weeks or months of preparation, of facing discouragements and overcoming difficulties, and in nearly all ventures, courage, patience and persistence are large

factors for success. In nearly every one of these plans, there is a demand for money—more, or less, but always some money; and there must be good, common sense in its investment, or there will be loss. We must not "take chances" without investigation.

There is also a question of a market; and this is a very important one, and even then, there must be ability to place and dispose of our wares; if one can not sell her product, the labor will have been in vain. The question of conditions must be well studied out before investing one's time or strength. Each one of the workers must solve this question for herself. There is always some one thing which each of us can do better than any other thing, but the thing that lies nearest our hand may not be the one we like, or can do. For the first step, we must take what we can get, doing this to the best of our ability, striving always after perfection in our line, but at the same time keeping our eyes fixed upon the work we want to do, and keeping ourselves ready for the opportunity when it is ours. Most of these plans are merely in the nature of suggestions, and the woman who can use them will usually succeed.

## "Keeping Cool"

There are a great many rules laid down by which one may overcome the heat of the midsummer months; but one of the very best is getting to bed early and getting up before the sun does. Long lying in bed enervates instead of resting one, and the sweetest, most invigorating air is that of the before-sun-up hour. Going to bed early is like all other things—a matter largely of habit, and if one would take a bath—even a sponge bath, dress in clean, light garments, removing that worn through the day, lying on a moderately hard bed and using a small, moderately hard pillow, the sleep habit can be readily formed, even in the noisy city.

A cold or cool bath is very comforting for the moment, but the after effect is to make one feel decidedly warmer, while a wash-off with warm or tepid water, insures both cleanliness and after comfort. Cold water drinking also heats one up, and it is much better to let ices alone and to form the habit of drinking cool, instead of cold, water. Often a towel wrung out of cold water and wrapped about the head, reaching well down onto the back of the neck, is a cooling affair, especially if repeated often as the cloth heats. Pouring cold water on the wrists for a little time will cool the body.

Another thing to be avoided is eating hearty meals of heavy foods, especially near bed time. Fasting is a good thing for hot weather. The body does not demand so much, or so strong foods, during the hot months as during the cold—the stoves are all taken down, and it is damaging to keep crowding in the fuel, when there is absolutely no demand for it.

Before the sun is up, the house should be well ventilated, by opening up of doors and windows which prudence demanded must be closed during the night hours. Do this while the dew is still on, and as everything gets cooled and aired, close the windows and pull down the shades on the sunny side of the

house, leaving others still open until later.

The housewife may get up early, attending to many things, for the rest hours will come during the day, when the family is scattered, and she should not hesitate to avail herself of the opportunity to rest.

## Making Jelly

Always choose a clear day, if possible, on which to make jelly. Soft fruits absorb moisture, and this necessitates longer boiling to eliminate the surplus water; long cooking will make the jelly "ropy" and injure the flavor, giving it also a bad color.

Have all glasses, etc., intended to hold jelly, perfectly clean and freshly scalded; dry, and fill. Do not squeeze the jelly bag, but let the juice drip as long as it will, if you want the clearest jelly. Measure the juice, and for sweet fruits, allow three-fourths pound of sugar to one pint of the juice; for sour fruits, it should be pound for pint. Boil uncovered, skimming often, and for the nicest jelly, the berries should be a little under ripe. All unnecessary boiling should be avoided, and the sugar should be heated in the open before adding to the juice, as it will take less boiling. If after boiling a sufficient time—usually about twenty minutes—the jelly drops from the spoon with a "spring," or wrinkles when pushed as it cools, it is done. It should be tried after boiling five minutes, as some fruits jell quicker than others.

When the glasses are filled and cold, pour over the top a little melted paraffin wax—about an eighth of an inch in thickness; this will harden at once, and will protect the jelly against mold, etc. Tie over the top a bit of muslin, or an oiled paper.

## "Guessing" at Quantities

Many of the losses of canned or preserved fruits are occasioned by the lack of measuring facilities and consequent "guess-work" of the average housewife. Accurate weights and measurements are necessary, and these can only be had in the home where there is a good pair of scales and a set of measuring cups and spoons, none of which are costly, but everyone of which is a necessity in the home work and culinary business. There is so much difference in the sizes of spoons and cups, that the use of them is a general cause of mistakes and bad results. If one has no measuring utensils, it is best to use one cup and one spoon throughout every recipe.

## Query Box

"Theresa"—Epsom salts, used for freckles, is said to injure the skin. Lemon juice and glycerin is better.

A. M. C.—If you will send your query to the secretary of agriculture, asking for any printed matter on the subject of insecticides for use on garden vegetables, I think you will get what you want.

Flora—A slight operation will remedy the hairlip, and the sooner it is attended to, the better. A very small, slight scar may result, but not so disfiguring as the deformity.

Annie M.—If the face is at all greasy, do not use cold cream; put into the wash water a little borax. (2) Belladonna will ruin the eyes, if used as you mention. To have bright eyes, cultivate a cheerful disposition and good health.

A. A.—A stimulant for the eyebrows is composed of one-half ounce of grain alcohol and three grains of sulphate of quinine. Rub the brows with this every day.

Housewife—Wax and grease stains can be removed from fabrics by laying the stained portions between sheets of blotting paper and pressing with a hot flat-iron, changing the blotters as they absorb the grease.

"Discouraged"—For the ants, fill a cup half full of water, and put into it a teaspoonful of paregoric; the ants will not like it; put a teaspoonful of paregoric in this solution every week, and set it where they run; they will leave.

Emma S.—Says to prevent the juice of pie-filling boiling out, put pieces of butter around the outer edge before putting on the top crust; bits not larger than a pea, two or three inches apart, will serve. Put the butter an inch or so back from the edge of the crust.

## Caring for Kitchen Ware

Much of the success of the cook depends upon the condition in which her kitchenware is kept. Steel utensils should be washed in hot water and well dried with dry cloths before putting away, in order to prevent rusting. If the articles are to be put away for some time, a slight coating of vaseline will prevent rust. Newspapers used as wrappings answer the same purpose. Enameled or granite ware must not be left on the stove without water in them, as the heat when dry will cause them to "chip," and they will thus be ruined for cooking purposes. Iron or metal spoons should not be used in enameled, porcelain-lined or granite ware, as the knocking against the side of the vessel while stirring the contents will cause cracks and chipping. A wooden spoon is best for these and for china ware.

Scouring soaps and powders should not be used on nickel-plated articles, such as tea-kettles, coffee and tea pots, spoons, or other cooking utensils, as this ruins the plating. Baking soda, Spanish whiting, and even common wheat meal flour, will cleanse and brighten. Soap suds will make silverware or plated ware cloudy and dull looking. All tinware should be well washed and wiped dry, and set in the sunshine, or over the fire heat to dry out all possible moisture.

## Self-Heating Flat-Irons

One small iron, costing less than a dollar in the large department stores, uses a simple reservoir packed with asbestos, and holding about a tablespoonful of alcohol, which, in using, will give heat enough to keep the iron hot for over half an hour; a larger one is hollow, and has a separate vapor-burning heater that is to be taken out and filled with alcohol, then heated to vaporize the alcohol and when a good flame is produced, is returned to the inside of the flat-iron and locked in place. In a very short time, the flat-iron is hot, and ready for use, and can be used continuously for about an hour and a half without refilling. There is the old-fashioned coal iron, using charcoal for fuel, which is still liked and used by many housewives.

## Laundering Stains

Clothing stained with perspiration should be put into tepid water and soaked, then rubbed gently with the hands from time to time to loosen the stain. Soapy water will set the stain, if it is put into it without soaking. For the soaking, use clear,

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