



# The Home Department

Conducted by Helen Watts Meyer

## Early Spring Signs

Ah, hark! in the distance a robin's sweet trill;  
A glimpse of the crocus and bright daffodil,  
A murmur of brooks from their fetters released,  
A warmth in the sunrise, a glow in the east;  
O'er the meadows so bare comes a faint tinge of green,  
While the daintiest fringe on the maples is seen;  
There's a faint breath of perfume, a stir in the wood,  
Where sweet pussy-willow is donning her hood.  
Then welcome, rough March, though you come with a roar,  
A message of springtime you breathe o'er and o'er;  
We'll not be deceived by your bluster—instead  
We're reading the signal, "Good times just ahead,"  
With the sun mounting higher and higher each day,  
You bring us bright visions of flowers in May;  
Though harsh and discordant the songs that you sing,  
You're welcome, thrice o'er, for the good news you bring.

—Katherine L. Daniher, in Farm and Home.

## Just Ahead

Although reason tells us that there may—probably will—be plenty of sharp, cold and disagreeable rains, sleet, snow and touches of ice in the days yet to come of this month, we are out in the sunshine every pleasant hour, poking about in the leaf-covering or the brown mold to catch the first hint of growing weather. This is almost invariably found in the crocus and hyacinth beds, while the purplish green leaves of the tulip point aggressively toward the time of blossoms. Very soon, now, those who put out a bed of hardy bulbs will be rewarded for their work, and those who did not will resolve again to improve their opportunity the coming fall; but there are summer-blooming bulbs that should be attended to now.

## Sanitation

Too much can not be said on the score of cleanliness in and about the home, and right now is the time to make a study of conditions. Where water is piped into the house, and a sink is used in the kitchen, the sink and the outlet pipes and drains should be given the most careful attention, with daily scrubbing and flushings with some simple disinfectant, or even boiling hot water. While the sink is used to carry away every known waste, in some families, its drain pipe carrying off all manner of refuse, it is at the same time the place where fruits, vegetables and foods are prepared for cooking, and foods are left standing to cool, being thus brought into contact with the gases which are continually arising from the pipes, or from the grease-soaked wood work about the sink. Nothing short of a good scrubbing down after every

meal or dishwashing will be sufficient to keep the wood work and sink clean, while a long-handled brush should be dipped in some strong disinfecting solution and the soil-pipes and tray be thus kept clean so far as they can be reached. A strong alkali should be poured down the pipes frequently. During the house-cleaning season now at hand, all such places should be given a thorough inspection and overhauling.

## Coming Comfort

The signs of spring-time are multiplying every hour, and before we hardly realize it, the hot days of a summer will be upon us. Within a very short time, the heater will be taken down and stowed away for the season, and it would be well if the cooking range could follow it, at least out of the house proper. Any rain-proof shed, close up to the kitchen door will serve the purpose of a summer kitchen, but of course, it should be "closed in" to shut out drafts and wind-storms as well. Then, it should be whitewashed inside, and have plenty of windows let in the sides, with a concrete floor. If the man of the family does not know how to lay a concrete floor, let him write to the Secretary of Agriculture, Washington, D. C., asking for literature on the subject of concrete-laying, and he will see how cheaply a first-class, durable floor can be had.

## Some Health Notes

Do not neglect the refrigerator, as it will soon be time to use it. Keep it thoroughly clean, as a foul refrigerator is a deadly menace to every member of the family. All drainage pipes should be flushed twice a week with either a solution of chloride of lime, washing soda, or strong ammonia. The ice compartment and storage part should be cleaned thoroughly twice a week, the removable parts being taken out and washed in a good hot soap suds with a clean cloth or brush, thoroughly scalded, and dried, after which the lining should be gone over with some chloride solution, a caustic cleaning solution or a strong solution of borax water. Before putting the ice in its compartment, rinse it thoroughly with cold clean water. Milk and butter should be kept covered closely, as these are very apt to absorb all foul odors, mustiness or mildew. Care on this point may save much suffering and an expensive sickness to one or more of the family.

## Poor Digestion

Good Health magazine tells us that the feeling of "faintness" several hours after eating is a sure sign that but a very small part of the food taken has been digested, either because the food was impure, or through too rapid eating, or because of having been taken when the body was in no need of nourishment. In order to get rid of the surplus matter, a tremendous drain upon one's vitality will be made, as the excretory organs must get rid of it, or disaster will result. Further eating will only add to the trouble. One of the best remedies is to drink largely of water of an agreeable temperature. Cold, or ice water should not be used. The large drafts of water will satisfy the craving, and soothe the

stomach, and at the same time help the organs to unload themselves.

It is becoming evident to the dullest that people eat too much, and that the women of the family spend altogether too much time in planning and preparing foods, serving them, and cleaning up after them. Simpler meals and fewer elaborate dishes will greatly add to the happiness of every member of the family.

## Lenten Dishes

First of all, have good bread. If you have not tried the wholewheat flours, make a beginning now. Get a good brand of flour, and try these recipes:

**Whole Wheat Biscuit**—One quart of flour, two heaping teaspoonfuls of baking powder, two tablespoonfuls of butter or lard, one teaspoonful of salt and one and one-half cupfuls of sweet milk (water may be used). Mix flour, salt and baking powder by thorough sifting through a coarse sieve; rub the barely-soft butter or lard into the flour with the hands, then mix with the wetting quickly, roll without much kneading, cut as other biscuit, and bake in a quick oven. The mixing may be done soft enough to lift with a spoon instead of roll, and drop into a well-greased tin, baking as other biscuit.

**Whole Wheat Muffins**—Two and one-half cupfuls of sweet milk, tablespoonful of slightly warmed butter, one egg, teaspoonful of sugar, teaspoonful of salt, and two teaspoonfuls of baking powder well sifted through two and one-half cupfuls of whole wheat flour; to the yolk of the egg add milk, sugar and salt, and beat in quickly the flour and baking powder, and the beaten white of the egg. A half cupful of any desired nut-kernels improves the mixture. Drop into well-greased muffin rings or gem pans, and bake in a moderately hot oven for half an hour.

**Escalloped Cheese**—Butter a ramekin, and in the bottom put a layer of bread crumbs and dot freely with bits of butter; on this put a thick layer of grated cheese and sprinkle lightly with salt and white pepper; alternate the layers until the dish is filled, the bread crumbs coming last. Pour over this a cupful of good cream or rich milk, and brown in a moderate oven. Serve from the ramekin without delay.

## Government White Wash

As often as the renovating season comes round, the call for this whitewash recipe comes also. It would be well if our readers would cut out favorite and tested recipes and paste them in a scrap-book, as it would thus save much time for them. The "scrap-book" habit is a good one to contract. Here are the directions:

Nice, unslacked lime, one-half bushel; slack with boiling water poured over the lime, and keep covered during the process to keep in the steam. When slacked, strain the liquid lime through a fine sieve or suitable strainer, and add to the strained portion one peck of salt previously well dissolved in water. Boil three pounds of rice to a thin paste, and stir, boiling hot, into the lime solution; add half a pound of Spanish whiting; have one pound of clean, nice glue previously dissolved by soaking well and hanging it over a

slow fire in a small kettle immersed in a large one filled with water which should be kept boiling until the glue is thoroughly melted, then stir the hot glue into the lime solution, with five gallons of boiling water, stirring it well and let stand, covered to keep out dirt, for a few days. This whitewash must be applied to any surface hot, and it can be used as oil paint on brick or stone, as well as on wood. Coloring matter, dissolved in whiskey or alcohol, may be used to make it any desired shade that can be used with lime—green can not, as the lime destroys its color, while in turn, the color ruins the whitewash, causing it to crack and peel. It can be used indoors or out, and is claimed to be very durable. For larger quantities, the above proportions must be used throughout. This is the recipe given for the brilliant stucco whitewash used on the east end of the White House in Washington.

For ordinary lime whitewash, used for sweetening and disinfecting inside walls of cellars and outhouses, the plain slacked limed solution is effective, but it will peel off, rub off, and turn yellow, and should be renewed often for sanitary reasons.

## The Little Things

Do not punish the children for accidents which can not be helped, or which occur in unaccountable ways. Talk to them, and tell them that with a little care the loss could have been avoided, and impress it upon their minds that every breakage, or bit of destruction is, in some sort, a loss, and will bring hardship, or self-denial in order to be replaced. Teach them to think, and to realize that carelessness is always costly.

## The Meanest Man

A reader wishes to say that the man who drinks intoxicating liquors is not the meanest man in the world, or the one who is the poorest husband. There are men who use neither liquor or tobacco, neither gamble, or stay out of nights, are devout church members and hold positions

## DIDN'T REALIZE

### How Injurious Coffee Really Was

Many persons go on drinking coffee year after year without realizing that it is the cause of many obscure but persistent ailments.

The drug—caffeine—in coffee and tea, is very like uric acid and is often the cause of rheumatic attacks which, when coffee is used habitually, become chronic.

A Washington lady said, recently: "I am sixty-five and have had a good deal of experience with coffee. I consider it very injurious and the cause of many diseases. I am sure it causes decay of teeth in children. "When I drank coffee I had sick spells and still did not realize that coffee could be so harmful, till about a year ago I had rheumatism in my arms and fingers, got so nervous I could not sleep and was all run down.

"At last, after finding that medicines did me no good, I decided to quit coffee entirely and try Postum. After using it six months I fully recovered my health beyond all expectations, can sleep sound, and my rheumatism is all gone." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read the famous little book, "The Road to Wellville," in packages.

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