

The Home Department

Contributed by
Miss M. A. W.

The Afterglow

When the carnival is over,
Nature's carnival of bloom,
Fields of frutage, corn and clover,
Spill and spend their rich perfume
And the forest trees have sprinkled
Their confetti far and wide,
Till a shower of rainbow colors
Floods the vale and mountain side;
And the merry winds run riot
Over hills and meadows sere,
Then we know the reign of quiet
Comes apace to crown the year.

When youth's carnival of pleasures,
Hopes, ambitions, loves and shows,
Ends, and spring's poetic cadence
Lapses into solemn prose,
When the rosy skies of summer
Lose their glow in autumn haze,
And our life-blood pulses slower
With the shortening of the days,
We await while winds of winter
Chill the world with icy breath
Till our eyes behold the morning
Break beyond the vale of death.
—J. V. H. Koons in Muncie (Ind.)
Star.

Neglected Education

The summer season is a perilous time for the baby in arms, even where the mother is experienced and observant; but when the mother is but a girl, herself, with no adequate ideas of the needs for the handling of the tiny morsel of humanity entrusted to her sole care, the death-rate climbs alarmingly. It is a recognized fact that no girl should marry without some preparation for housewifery, but it is a rare thing that even the most rudimentary knowledge of the responsibility of motherhood is required to be among her possessions. Many girls marry and become mothers, their own baby being the first new-born babe they have ever touched, and thousands of these ignorant young mothers must assume the sole care of the baby from the first days of its existence. "Mother instinct" is supposed to supply any deficiency of education and experience, and the result of this reliance upon instinct is apparent in the death rate, or diseased, maimed, or delicate children. A girl should be taught to care for a baby's bottle, how to sterilize milk and prepare the baby's food; how to bathe and dress the baby; how to recognize simple ailments and to administer simple remedies for these slight disturbances, as well as to note symptoms of the graver diseases. Physicians tell us that a great majority of the diseases and ailments, as well as most of the deaths of young children are the result of ignorance on the part of those having charge of them as to feeding, care in handling, and lack of intelligent observation of the needs of the tiny baby. Many a baby is killed by kindness and too much handling, as well as the failure to interpret the only language whereby it can try to make its wants known. It would be a blessing if every girl might take a course of instruction in a nurse's training school, even if she has to let some of the usual "schooling" be "wiped off of the slate."

Boiled Flour for Baby

In our mothers' time, home remedies were used for all simple, and many of the grave, ailments of the family. For the bottle-fed baby of today, it is a hard matter to get the right food. There were babies in the

olden days who had to depend upon "spoon victuals" for sustenance, and here is one of the foods that were in great favor with the careful mothers: Take a cupful of flour, tie it up tightly in a muslin bag and boil steadily for four hours, or even longer, as the flour can not be boiled too long, but must be kept boiling steadily, or it will soak up the water and become unfit for use. When done, peel off the thick soft skin that forms, and you will have a hard, grainy ball. Grate on a grater one teaspoonful of this ball and thicken each feeding of properly diluted milk. If the boiled milk tends to constipate, thicken with water and add to the undiluted milk. We are told that the baby under one year old can not digest starch, and this boiled flour acts in a purely mechanical way, as do the barley preparations. When mixed with milk, it breaks up the large curds that would form, and leaves it in a form which the baby's stomach can manage. Lime water is also good for this, and some nurses prefer it.

Requests

Mrs. H. L., of Sayville, L. I., wishes us to correct the mistake made in giving the black chocolate cake, in a recent issue, as a layer cake. It is a loaf cake, and the chocolate part is intended to go into the other part that is mixed up. The amount of soda is correct.

Will some one kindly send us the poem containing the following lines, one of our readers wishing it very much:

"Over its sides they clambered in—
Ben, with his angle of nut-brown hair,
Bess, with her sweet face, flushed and fair.
Rolling in from the briny deep,
Nearer, nearer, the great waves creep;
Higher, higher upon the sands,
Reaching out with their giant hands,
Grasping the boat with boisterous glee,
Tossing it up and out to sea."

The words of the poem, "Of what is the old man thinking, As he leans on his old oaken staff," is still called for. Can any one supply them?

A Nervous Baby

Many children cry and fret from pure nervousness induced by too much handling by the grown people. It is very hard not to toss and play with the playful baby, but many nurses and physicians rule strongly against it. The child needs rest, warmth, food and quiet, and the "cross" baby will more often than not become one of the dearest little things, if it is allowed to rest and entertain itself. A sick baby should not be carried about, or jolted, or "joggled," but should be encouraged to take all the rest possible, at the same time being very careful as to its food and cleanliness. Study the baby, and do not kill it with kindness. A baby should never hear a cross word spoken.

Helpful Items

Floor cushions and porch pillows are a great comfort to the invalid or one who has to rest the feet on the floor a great deal. Make the bag of any coarse, washable material that will stand hard usage, in any shape liked—round, square, oblong, diamond—and fill with finely shredded newspaper. The use of these will

keep the feet warm, and will also save them from the fatigue of resting on hard floors, as well as supplying warmth where the carpet happens to be thin under the feet.

For re-silvering mirrors, pour upon a sheet of tinfoil three drams of quicksilver, allowing this quantity to a square foot of the foil. Rub with a piece of buckskin (or chamois skin) until the foil becomes brilliant. Place the glass to be renovated upon a table face downward, lay the foil on the damaged part of the glass, place a sheet of paper over the foil, put on it a block of wood having a flat surface, and lay a weight on it to press it down tightly. Let it remain in this position a few hours, and the foil will adhere to the glass.

A Good Washing Fluid

Ingredients: Two and a half pounds of sal soda (called washing soda), two pounds of borax, one pound of powdered resin; two ounces of concentrated ammonia, two ounces of salts of tartar. Put one gallon of cold soft water in a kettle (preferably brass); add soda, borax, and resin; set over a slow fire, stirring until all are dissolved, then take from the fire and add the ammonia and salts of tartar, mix thoroughly, bottle and set away for use, labeling it Washing Fluid.

When ready to use, cut up a bar of any good laundry soap, for one boilerful of white clothes, and dissolve in one gallon of water, and to this suds add half a pint (one teacupful) of the fluid. Wet the clothes in cold water, soap the worst soiled places, put them into the boiler which has been filled two-thirds full of cold water; set over the fire and bring to a boil, boiling fifteen minutes from the time the water begins to boil. Then take out the clothes with a stick and lay in a tub of clean cold water, wring through two waters, then rinse well in a third water containing the bluing. Wash the colored cottons in the same water in which the white clothes were boiled, but make clean suds with fresh fluid for the flannels; let the flannels soak for half an hour in this, and squeeze and shake about in the water, but do not rub. No more soap must be used except that which is dissolved before adding the fluid. The cost of five gallons of this fluid should not exceed eighty cents. Blankets and comforts are easily and satisfactorily cleaned with this method.

"Lady Baltimore Cake"

The history of this cake is said to be as follows: The colored cook of a prominent lady of South Carolina invented the recipe, and for a long time, nobody was able to secure it, except the few to whom the lady imparted the secret. This is claimed to be the original recipe:

Lady Baltimore Cake—One cupful of butter, two cupfuls of sugar, three and one-half cupfuls of flour, one cupful of sweet milk, the whites of six eggs, two level teaspoonfuls of baking powder, and one teaspoonful of rosewater. Cream the butter, add the sugar gradually, beating continuously; then the milk and the flavoring; next the flour into which the baking powder has been thoroughly sifted, and lastly, the stiffly beaten whites of the eggs, which should be folded lightly into the dough. Bake in three layer-cake pans, in an oven that is hotter than it would have to be for loaf cake. To make the fill-

ing, dissolve three cupfuls of granulated sugar in one cupful of boiling water; cook until it threads, then pour it over the stiffly-beaten whites of three eggs, stirring constantly. To this icing add one cupful of chopped raisins, one cupful of chopped nut meats, pecans preferred, and five figs cut into very thin strips. With this ice both the tops and sides.—Good Housekeeping.

Requested Recipes

Chopped Pickles—Chop twenty-five medium sized cucumbers without paring them; add two large white onions chopped very fine and one-third of a cupful of salt. Mix these thoroughly and let stand over night, after which drain thoroughly. Remove the seeds from two large green and two large red bell peppers, chop finely and add to the first mixture; add also a level tablespoonful of white pepper and a rounding tablespoonful each of white mustard seeds, celery seeds and juniper berries. Heat three cupfuls of good cider vinegar to boiling, sweeten to taste, strain and cool, then pour over the other ingredients. If it is not enough to moisten the mixture thoroughly, add more; put into small jars, cover with a layer of cotton batting, adjust the corks or lids and seal. This should make four pint jars full.

Mrs. L. Z. wishes "the cold water process of canning tomatoes." A reader has just sent in a recipe which may be what she wants. "Keep the tomatoes in a very cold place (on ice if possible) for twenty-four hours, filling the jars with cold water, or chilling thoroughly for the same length of time. Pour the water out of the jars, pack in the fruit, cover at once with the very coldest water obtainable, filling with running water, if possible, for three minutes, to fill all air-spaces, then pour on the top of the water sufficient melted paraffine to make one-fourth inch thickness, and screw on the lids, having adjusted the rubbers from ice-cold water. Slip each jar into a paper bag when putting away."—E. S. M.

French Pickles—Wash thoroughly half a peck of green tomatoes, removing all specks and chop without peeling. Chop also two large white onions; mix these, add half a cupful of salt and let stand over night. In the morning drain thoroughly, cover with one pint of vinegar and two pints of water and boil fifteen minutes, then drain again. Return to the preserving kettle, add three pints of vinegar and half a pound of light brown sugar, two ounces of white mustard seed, one level tablespoonful of ground cinnamon, one level teaspoonful each of ground cloves and allspice with a pinch of cayenne. Boil fifteen minutes, then bottle and seal. More spices and sugar may be added if liked.

For extracting juice from fruits, there is a galvanized iron frame with nickel bars to hold the jelly bag, and an automatic weight squeezer that gets the juice out by gentle pressure, without bringing away the pulp. When the juice is extracted from the fruit by pressure it should stand to settle a few minutes, then drain from the sediments and strain through several thicknesses of flannel, which will leave it beautifully clear.

Using Quinces

To bake the quince, peel and halve the fruit and place the pieces in a shallow earthen dish with water to the depth of about a quarter of an inch. Bake until tender in a moderately hot oven, basting frequently and when done, season with butter and sugar. Serve either hot from the oven or after they are cold. Quince compote is made by peeling, coring, and quartering the quinces, and let lie in boiling water