



The Home Department

Conducted by
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From "The Church Porch"

Do all things like a man, not sneak-
ingly;
Think the king sees thee still; for
his king does.
Simpering is but a lay hypocrisy.
Give it a corner, and the clew
undoes.
Who fears to do ill sets himself a
task;
Who fears to do well, sure should
wear a mask.
By all means, use thy self sometimes
to be alone;
Salute thyself; see what thy soul
doth wear;
Dare look into thy chest, for 'tis
thine own,
And tumble up and down what
thou findest there.
Who can not rest 'til he good fellows
find,
Breaks up his house, turns out of
doors his mind.
By no means run in debt; take thine
own measure;
Who can not live on twenty pounds
a year,
Can not on forty; he's a man of
pleasure—
A kind of thing that's for itself
too dear.
The curious unthrift makes his cloth
too wide;
And spares himself, but would his
tailor chide.

—George Herbert.

(An English clergyman, and poet,
born 1593; died, 1632.)

Using Rhubarb

About the first thing that comes
to our gardens in spring is the rhu-
barb. It should be used more freely
than it is, because of its medicinal
qualities. It is claimed that it not
only aids digestion, but is a foe to
rheumatism and gout, neutralizing
the uric acid in the system. Because
of its health-giving qualities, it is an
aid to the complexion when freely
eaten. There are many ways of
serving it, and housewives should
avail themselves of recipes, and
study out others for themselves.

Rhubarb sponge is an old dish.
Line a dish with slices of stale cake,
pressing them firmly around the side,
then fill the dish with stewed rhu-
barb that is not too wet, sprinkle
with sugar, cover top with more
slices of cake, cover with a plate
weighted down for a few hours, or
until the cake has entirely absorbed
the juice. Serve with a nice cus-
tard. Stale bread may be profitably
used instead of cake.

Clean, but do not peel, the rhu-
barb, cutting into quite small pieces;
put in an earthen dish, or porcelain-
lined, and add as much sugar as
wanted; set the dish in a moderate
oven and let cook slowly until done.
Very little, if any, water should be
added, as the stalks make plenty
of juice. Rhubarb cooked this way
can be put into glass jars as soon
as soft, and sealed for later use.

Rhubarb Pie—Wipe the stalks, but
do not peel; cut into half-inch pieces;
lay in a pie-dish and sprinkle plenty
of sugar over it; use but a very little
water, cover with a nice crust-dough,
and bake in a hot oven for half an
hour; serve hot.

As the season advances, rhubarb
may be made into jelly, marmalade
or jam; or it may be canned with
cold water—no cooking; or it may
be canned after heating until soft
in a hot oven. Jelly is better made
later in the season, when the plant

is not so tender and juicy, as it will
require less cooking.

Home-Made Fireless Cooker

Having had several calls for direc-
tions for making the fireless cooker,
we re-print the following, which will
not be expensive: Any tight box
which has a tightly-fitting cover will
answer; an old trunk is just the
thing, if there are no cracks which
can not be made perfectly tight. A
lining of asbestos paper is a help,
but not a necessity. A felt or flanel
lining also adds to its heat-retain-
ing powers, but it must be put
in so it can be removed and cleaned
when necessary. Any kind of tight-
ly covered vessels may be used—tin
or granite ware pails with tight lids;
but earthenware is said to retain the
heat longest. Fill the box or trunk
loosely with hay, excelsior, or some-
thing similar, making the right sized
nests as needed, in which to set the
cooking vessels used. The vessels
may be set in the loose hay or pack-
ing material, and the material packed
tightly about it so the nest, or hole,
will retain the shape when the ves-
sel is removed. A muslin bag filled
loosely with hay, should be used to
cover all closely, then the box closed
and made fast after the vessel is
placed in the nest. In general, it
will require from three to five min-
utes actual boiling over the fire for
most vegetables, and the boiling
should be done in the vessel to be
set in the nest, which should be set
immediately in the nest while still
rapidly boiling, without lifting the
cover, and the box cover be put on
at once and closed. The amount of
water used in the first place is im-
portant, and must be learned by ex-
perience, though a little more than
"just enough" is best. The water
does not evaporate, as in cooking
over heat. The hay used for pack-
ing should be renewed every two or
three weeks, and the muslin bag
washed to prevent sourness or musti-
ness. A box large enough to hold
several vessels at once, or a smaller
one may be made. This is the "hay-
box," and is inexpensive, and fairly
efficient.

Browned Beef's Heart

Wash and trim a beef's heart, but
do not remove the fat that sur-
rounds it. Soak it for twenty-four
hours in weak vinegar and salt, then
stuff it with a good, highly seasoned
bread dressing, then sew up the
opening. Lay it in a kettle and
brown over a moderate fire, turning
frequently so it may brown evenly;
then add a quart of boiling water,
cover closely and simmer for three
hours, letting the water boil down;
then brown in a quick oven. Slight-
ly thicken the gravy left in the ket-
tle, and serve with it. To vary the
dish, cut the heart in thick slices
when tender, add six or eight pot-
ple dumplings, cook twenty minutes
closely covered, and serve. This is
good.

The Cost of Meats

Many people purchase chuck roasts
under the impression that they are
saving, says Good Housekeeping. Is
a chuck roast weighing six pounds,
and costing fourteen cents a pound
cheaper than a rib roast of the same
weight at sixteen cents a pound? The
loss in cooking in the oven for the
chuck roast was one pound and two
ounces, while for the rib roast, ten

ounces. The weight of refuse—bone
and unedible parts—in the chuck
roast was one pound and five ounces;
in the rib roast, eleven ounces. Thus
the total weight of loss for the chuck
roast was two pounds and seven
ounces, while for the rib roast, it
was one pound and five ounces. The
edible portions of the chuck, there-
fore, was three pounds and nine
ounces; of the rib, four pounds and
eleven ounces. And this by no
means takes into account the in-
creased juiciness, flavor and tender-
ness of the rib roast over the chuck
roast. In learning the true mean-
ing of economy, the housewife has
to take into consideration many
things. Truly, housewifery is a
science, requiring the utmost exer-
cise of one's brains.

Another Fireless Cooker

At small expense, a most cleanly
and efficient fireless cooker may be
made as follows: Procure a close
wooden box with a tight cover, and
line with a thickness of one-half
inch or so with asbestos or mineral
wool; then take a tightly-covered
tin box (a tin bread box will do)
and fit snugly within the asbestos
lined box. The box may be any size
wanted; made to hold two or more
vessels, or only one. The covered
cooking vessels containing the rap-
idly-boiling food are placed in the
tin box and both covers tightly closed
when the heat will be retained as
with the hay-filling; the tin box may
be kept clean with little trouble, and
no re-lining is necessary. Small
ones, holding one vessel or two, re-
tain the heat better, and it is best
to have several separate ones, as the
box must not be opened until the
longest cooking article is done. If,
however, it is opened, the other ves-
sel should be re-heated and packed as
at first to continue cooking.

The outer box may be lined with
soft crumpled newspaper, tightly
packed, or sawdust may be used in
the bottom. The time for cooking
foods should be studied, and learned
from experience.

The Department of Agriculture,
Washington, D. C., has published di-
rections for making a very efficient
cooking chest, and the bulletin can
be had for the asking. Write to the
Secretary of Agriculture, Washing-
ton, D. C., asking for literature on
the subject. The household maga-
zines carry advertisements of firms
manufacturing fireless cookers, and
these firms offer cookery books, giv-
ing time and methods of cooking
different foods, besides other inter-
esting literature on the subject, and
much can be learned from reading
it. The principle is the same, in
all. Write for their booklets. Be
sure to write to the agricultural de-
partment for bulletins and litera-
ture.

"Beef Daube"

Get a solid piece of beef either
from the shoulder or the upper
round; cut almost through, from side
to side, with a very sharp knife, mak-
ing the slits about one inch apart.
Prepare a dressing by mixing one
cup of bread crumbs, one tablespoon-
ful each of chopped onion and soft
butter, with salt and pepper to taste.
Mix and insert in the slits in the
meat; tie or bind with a strip of
muslin and marinate each side of the
meat with a dressing of two table-
spoonfuls of oil and one of vinegar,
half teaspoonful of ginger, a pinch

of ground cinnamon, one of cloves
and one of allspice. Let stand for
twelve to fifteen hours. In a double
roasting pan put a piece of suet,
brown the meat quickly on all sides
in this, add a cup of boiling water,
cover tightly and bake for two hours.

Baked stuffed beef heart, braised
calf's liver with brown sauce, kidney
pie, and calf's or sheep's heart, will
provide variety under the head of
economical dishes. For the house-
wife who studies the matter intelli-
gently, many savory dishes may be
evolved from the cheaper cuts of
meat.

Household Helps

When painting the baseboard of a
room, it is a good plan to paint six
to eight inches of the floor at the
same time; then, if the rug does not
quite cover the floor, it will be less
noticeable.

A small box containing unslacked
lime placed on a shelf in the pantry,
closet or cellar, will absorb damp-
ness and keep the air sweet. It
should be remembered that as the
lime slacks, it swells in quantity, and
allowance should be made in the
size of the box.

Be sure to carry all decaying
vegetables, fruits, old rotting boards
and other rubbish out of the cellar,
give it a good cleaning up, white-
wash the ceiling and walls, and put
little boxes or bags of charcoal in
the dark corners.

In putting away silver that is not
to be used for a considerable time,
place it in an air-tight case with a
good piece of camphor. A large
fruit jar will do, and it is better if
the silver is wrapped in blue tissue
paper, then sealed airtight in the
jar.

A Fine Liniment

The Western Druggist publishes a
formula for a liniment that is ex-
cellent for use in cuts in live stock
from barbed wire, etc. For healing
cuts and flesh wounds, it is said to
be unequalled, and flies will not
trouble a sore where it is used. Here
is the formula, sent us by one of
our readers: Raw linseed oil, six-
teen ounces; powdered saltpetre, one
ounce; sulphuric acid, one ounce;
carbolic acid, half an ounce; pow-
dered sugar of lead, one ounce. Mix
the oil with the saltpetre and sugar
of lead, stirring constantly, as the
sulphuric acid is slowly added. When
cold, pour off from the dregs and
add the carbolic acid. Apply with a
feather twice daily; do not wash the
sore at all. If you have stock, keep
a supply constantly on hand to be
ready to relieve the animals of pain.

Corn Meal and Meat Loaf

Procure about two pounds of soup
meat with the soup bone, and, after
the soup is made, remove all the
meat and chop it fine. Then take
about one quart of the soup and
after reducing it slightly with a lit-
tle water, add sufficient corn meal to
make a rather thick mush, stirring
as the meal is added to the boiling
soup, cooking it thoroughly, just as
you would ordinary mush; when al-
most done, the chopped meat is
added with salt and pepper to taste
and the juice of one grated onion.
During the remainder of the cook-
ing, stir frequently to prevent stick-
ing and burning, and when done turn
out into a pan to harden. Serve by
cutting in slices, like veal or beef
loaf.

Query Box

Alma—For the fountain pen that
refuses to "give down," unscrew the
parts, and put about a tablespoon-
ful of salsoda in a pint of water;
empty the pen, and put the pen part
and the holder in the ink and let
boil for half an hour; add more wa-