



# The Home Department

Conducted by  
Helen Watts McKee

## In "Fodder-Gettin' Time"

When de corn begins to rustle,  
Den de darkeys hatter hustle,  
For de fodder-gittin' time is close  
at han';  
An' de days is hot an' hazy,  
An' de darkeys mighty lazy,  
But dey pulls de fodder down an'  
ties de ban.'

But de darkey's mighty willin'  
Furter plug de watermillin—  
An' hit ripens at de time hit's  
needed wuss;  
Whar we plant hit in de hoein'  
An' de darkey eats de mos' wha'  
gits dar fuss.

Oh, de rustle of de fodder, when de  
win' is in de corn—  
Dat's de music whut am dear to  
Unker Sime;  
Oh, de cookin' of de dinner, de  
blowin' of de horn—  
Dat's de chorus of de fodder-  
gittin' time.

—Mrs. Ellen Frizell Wyckoff in Mun-  
sey's All-Story Magazine.

## The Housewife's Lesson

On every table we find one or more "household" magazines, and nearly every publication has its household department, conducted well or poorly, according to the one who does the work. In addition to this, every one is becoming more and more interested in domestic matters, and of inventions for household uses there seems to be no end. Old things have indeed passed away, and the housewifery of today is little like that of a generation ago. The withdrawal from the home of the vast number of daughters who have simply followed the work to the shops and factories, for a time threatened disaster to the home-life; but in the main, it has resulted favorably, and reliable machinery is now taking the place of the former army of incompetents, whose ignorance and lack of ability to take up successfully the complicated work of the home made such sad work of whatever was entrusted to their helpless hands. There are many lessons for the housewife to learn; so many that at times she is bewildered; but she is gradually taking up the helps that lie at her hand, and we are getting very hopeful. Every housewife should study the advertising pages of whatever publication she pins her faith to; but she must use discrimination in the choice of publications she accepts. All the best publications use care in the class of advertising placed before their readers, and in many ways, protect the housewife. This is the season of subscriptions and renewals, and while urging you to supply yourself with reading matter suitable to your wants and needs, we must also urge that you supply yourself with the best and most reliable; publications which hold themselves responsible for the honesty of their advertisers. Send for the advertisers' catalogues, price lists, booklets, and study them carefully, learning to "make allowance" for many things. There are good things and bad things; but every advertiser will persistently and insistently thrust into prominence the very best side of his wares. Study the advertising pages carefully.

## For the Chimney Trouble

As the cool weather comes on, we must look out for the heating ap-

paratus, as well as for the perhaps long-disused kitchen range. A correspondent sends us the following, which, if care is taken, will often make for the comfort of the whole family in giving a clean chimney. Where the chimney is filled with creosote, the heaviest stove pipe will rust out in no time, and one will have no end of trouble with the draft. When it rains, and the roof is so wet that danger of fire from sparks is lessened, take down all the pipes, close all chimney-holes but one; scrape out all soot and dirt from the chimney, and wet large bunches of common excelsior, used for packing, in coal oil; fill up the chimney with this, using about a pint of oil, putting the packing in the stove-pipe hole. Set fire to it, and in no time the accumulations will be burning, roaring and making a big smoke outside. Keep the hole open to afford draft; add more excelsior or paper; the thick coat of creosote inside will all burn out, and it should be let to burn out clean, but be very careful not to allow any thing to get afire. Then, put up the clean pipes, and you have no more trouble. Care must be taken, in using this method of cleaning, that the flues are not defective, and that the wood work that might catch fire is thoroughly protected with water.—Peggy Clover.

## Going to the City

It is well for the girl who wishes to go to the city to hunt work to know that very few girls can live in any great city on a salary of five or six dollars a week unless relatives or friends help her out until she can get better wages. Country girls would do well to begin at home, or in their home town, and learn something of the work she expects to do, and thus be able to secure a better position in the city. If the girl goes to the city and finds herself a failure, so far as securing work is concerned, she should go at once to the refuge of a W. C. T. U., or Y. W. C. A., where she will find the protecting care of home for a little while and probably some assistance in getting into a suitable position. But it must be firmly impressed on her mind that she must, under no circumstances, if it can possibly be avoided, make an appeal for help to strangers, men or women, for something wrong might result from it. A lone, helpless, friendless girl is always in great peril in any great city. Take all the protection these associations can give you, while trying to be self-sustaining, for at best, it is a risky business, and harm, more often than good, will follow trusting to strangers.

## Eating Too Much or Too Little?

We are told that the rule of the world is underfeeding rather than overeating; only a small fraction of the world's millions of people systematically get enough to eat. Carlyle said to Emerson that the best thing he ever heard of America was that every one could have meat for his dinner. We are told that in Europe, millions rise every morning knowing not where they shall get their breakfast, and who never tasted, and never will taste in their lives, a generous, varied dinner. Overeating is said to be caused by poverty of purse, the majority eating of the cheapest foods

which do not satisfy, because of which one is obliged to take more than he needs in order to fill the stomach; disease of various kinds, according to country and class, is brought about by this overeating, as unnecessary waste of energy takes place in disposing of the surplus that can not be utilized, thus taxing the bodily powers and weakening its resistance to disease. To eat at any time one is hungry is better than not to eat, and if the food is properly chosen, the appetite is a good guide. Dr. Abernathy, the famous London physician, said "One quarter of what we eat keeps us; the rest we keep at the risk of our lives." We are underfed through overeating. The complete cure for nearly every ailment of the human body lies in suiting the kind of food to the body's needs. Meats, vegetables and fruits for the brainworker; cereals and starches for the hard muscular labor. We are beginning to learn that the selection and preparation of food, according to its suitability for the individual needs, is one of the most important things in this life, and are at last seeking to place this branch of home industry where it belongs—above everything else, so far as human health and comfort goes. Through all grades, inanition is the rule; repletion the exception.

## Caring for Nuts

The store of nuts gathered by the little folks should be well dried before putting away. Chestnuts, beech-nuts, hickorynuts, walnuts, pecans, hazelnuts, and many others, according to locality, are well worth harvesting, and these golden autumn days are delightful for nutting parties. The walnuts should be hulled before they dry as the green hulls are more easily removed while still black and moist; they should then be put on a low roof, or some place where they can be covered if rain threatens, and well spread out. Walnuts, hickorynuts, and butter-nuts must be dried slowly, and when perfectly dry, will have lost much of their weight; they should then be put in thin bags and hung up where the air can circulate through them. Beechnuts should be put in baskets or thin bags and hung in a dry place; a garret is right. If the nuts are thrown down where the shells will mildew, the inside will certainly be spoiled. We pity the children who have not a supply of popcorn and nuts for the winter days. Where one has a supply of these, there should be no end to the home-made "goodies," which, while inexpensive, are better in every way than the costly cream and nut candies that the store offers us.

## For the Housewife

One of the cooking vessels that deserve more consideration than it gets is the casserole; this vessel comes in several sizes, is not expensive, is a pretty brown earthenware vessel, enameled white inside, with tight-fitting covers that keep in all the juices and make meats tender when cooked in them. It would be well for the housewife, when at the housefurnishing stores, to look at them. A chicken long past the "fry" stage, and which indeed may be termed "old," may be cut up as for fricasse, placed in the casserole, well seasoned, and the lid fastened on, using barely water enough to cover,

and put in a slow oven; when finished, the meat will be nice and tender; the gravy, when seasoned, is rich and well flavored. Any meats may be cooked in the casserole.

Many things can be mended with the court plaster, or mending tissue sold at the department stores. But it should never be applied when wet; let it reach the "sticky" stage, and there is no danger of moisture soaking into the goods and making a stain. Turn the right side toward you, lay on it a cloth and iron perfectly smooth; if any frayed pieces are noticeable, clip closely with a pair of sharp scissors. The tissue can be basted into place on the wrong side, as the threads are easily drawn. To take out a hem put in with gum tissue, run a warm iron over the hem, and the goods can easily be pulled apart.

To clean black silk, make an infusion of equal parts of clear coffee and household ammonia; have the material well brushed and dusted, and apply the liquid with a cloth. If the silk is in pieces, wind it evenly about a smooth board, such a one as the goods is wrapped about at the store; if the goods is in small pieces, after sponging, smooth when nearly dry with a cool flat-iron, on the wrong side.

## Be Good to the Babies

Don't neglect the little ones who are too young to realize the cause of their discomfort, these chilly mornings and evenings. Put the thicker garments on the little limbs during the morning and evening hours, even though they must be removed during the middle of the day. This is the season for laying in a supply of coughs and colds that may pave the way for serious diseases later on. Put on the little shoes and stockings, and keep the warmer garments where you can lay hands on them at the first change of temperature. Have the extra blanket or quilt convenient for the night hours, not only for the little ones, but for the grown-ups, as well. Watch for health.

## Filling for Layer Cake

Boil one cup of water and three of sugar until it will thread when dropped from a spoon, and pour gradually on the stiffly-beaten whites of three eggs, beating steadily until quite smooth, then stir into it a cupful each of chopped raisins and pecan meats, with half a dozen dried figs cut into thin strips; spread between the layers of cake, and on the top.

Pretty decorations for a cake may be made by gathering the field violets, dipping them into a syrup of boiled sugar and water until candied, just as you would candy fruits or nuts. They make lovely decorations.

## Keeping the Range Clean

If the stove refuses to take on a polish, the best way is, when ready to black it, to allow the fire to die down and then thoroughly scrub the outside and oven with strong soap and water; for cleaning the spatters of grease, a little coal oil will be effective. A good wetting all over with coal oil is a good thing for the rusty stove, as the coal oil will clean away the rust, and will readily evaporate.

## Boning a Turkey

Select a young fowl and pick by hand without scalding; be sure to "dry-pick" the bird; clean and take out the entrails and lay the fowl on its breast; then with a small, sharp-pointed knife, slit the back from neck to rump; working carefully, run the knife between the flesh and the bones; disjoint the wings, the