



The Home Department

Conducted by
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The Other Side

We go our ways in life too much alone;

We hold ourselves too far from all our kind;

Too often are we deaf to sigh and moan—

Too often to the weak and helpless blind.

Too often, where distress and want abide,

We turn and pass upon the other side.

The other side is trodden smooth, and worn

By footsteps passing idly all the day;

Where lie the bruised ones and the faint and torn,

Is seldom more than an untrodden way.

Our selfish hearts are for our feet the guide,

They lead us by upon the other side.

It should be ours, the oil and wine to pour

Into the bleeding wounds of stricken ones;

To lift the smitten, and the sick and sore,

And bear them where a stream of mercy runs.

Instead, we look about; the way is wide;

And so we pass upon the other side.

O, friends and brothers hastening down the years,

Humanity is calling each and all

In tender accents, born of pain and tears;

I pray you, listen to the thrilling call!

You can not, in your selfishness and pride,

Pass guiltless on the other side.

—A. A. Hopkins, in Rural Home

Value of Hot Drinks

Hot internal applications by way of the mouth are valuable aids in the treatments of various ailments and disorders, even plain hot water many times being all that is needed. If any one doubts the value of heat administered through the stomach as a stimulant to the entire organism of the individual, let him try the effects of a bowl of well-seasoned broth or soup, piping hot, when "out of order." A well known physician says, "I have labored with patients suffering from severe shock, applying the whole category of remedies, hypodermically, and hopelessly in some cases, nothing bringing about the desired result, when a cupful of highly seasoned hot broth administered would almost instantly quiet the restlessness, stimulate the enfeebled heart to better work, cause the patient to drop to sleep, and, if any value existed in the hypodermic medication previously administered, seem to render it in a very short time of its fullest value and effect to the patient, diffused and directed quickly and easily to the parts and purposes intended; while, without the administration of heat internally, even hypodermic medication seemed as inert and valueless as though the applications had been made into a tin horn." He adds, "I would rather take chances on my own life in a case of pure shock with an occasional well-seasoned cup of hot broth than with full doses of alcoholic stimulants, strychnine, nitroglycerine, etc., pro-

vided I must confine myself to one or the other." It is well known that when one is exhausted, or worn out with worry or labor, a cup of hot broth, or tea or coffee, or even copious draughts of quite hot water is one of the best stimulants known and always easy to be had, with no bad effects, such as alcoholic stimulants are apt to leave. In cases of internal cramps, spasms, and like pains, the internal hot bath, by way of the mouth is often a specific, and all that is needed, giving comfort instantly.

Gleanings

The reason that the mental habits of women are so notoriously inexact is that for ages they have been denied the training which insures exactness; men, who, until lately, have had the ordering of their education, are primarily responsible. The revolution already begun in discipline and in requirements will teach the feminine mind to prefer accuracy to vagueness, thoroughness to dispatch. And whenever that better order is established, there will rise up a community of scientific workers, seeing in their work not a contemptible drudgery, but a lofty opportunity, since a people nourished on fit, attractive food will loathe bad drink, bad air, gluttony and depravity.

The sweet girl graduate who has learned to make a jelly and a sponge cake by rote would accept without hesitation the management of a husband's house and the health of a family, and thank God she is not as those who can only crochet or work fancy tea cloths. Women must learn that a handful is not the unvarying equivalent of any fixed measure whatever; that the bared arm is not a trusty thermometer; that a "while" does not mean indifferently half an hour or five hours; that boiling is a steady, not fluctuating process, and that all substances which can be made edible are not therefore food.

Many a young wife finds her trouble commencing with her ignorance as to the proper preparation of simple articles for food, and while it is the duty of the husband to provide the means for home making, it is no less the duty of the wife to administer the affairs of her household in such a way as to get the best of what is brought to her.

We do not believe that the kitchen is the woman's sphere any more than it is the man's; indeed, there are reasons why men ought to be not only the better, but the more numerous cooks. Women who, having neither knowledge nor vocation for housework, and who find its exactness and routine a hopeless slavery, are to be profoundly pitied. But it is wisdom on her part to learn the theory and practice of scientific cookery.

Stains and Spots

Fruit stains of every sort will do no harm to things washable if they are wet through and through with alcohol before going in the wash. Very big stains, as those of wine upon table linen, will come out if they are first wet with cold water and then have a stream of boiling water poured steadily through the stains for two or three minutes. Stains on stuffs not washable may be got rid of thus: Fold a cheese

cloth square thickly and lay it smooth upon the board; over that stretch the stained stuff smoothly, right side down; if there is a lining, rip it so as to get at the under side; but first brush, not only the stain, but the whole garment thoroughly, so as to remove all the invisible dust and prevent the cleansing from leaving an ugly circle, worse than the spot itself. Pour a little alcohol through the spot and dab the place hard with a soft, clean rag. Shift the spot over a fresh place on the cheesecloth, and pour on more alcohol, using just enough to drench the spot without spreading. Do this two or three times, then look at the right side.

An acid stain has most likely taken out the color; most times it may be brought back by sponging the right side very delicately with ammonia spirits, but it is well to try ammonia first on a scrap of the stuff, as it may change the color, or the unspotted surface, and thus do more harm than good. Greens in wash stuffs may be renewed with weak alum water, but here, as with ammonia, it is best to try a scrap first.

Keep grass stains wet with alcohol for half an hour by pouring on a very little at a time before attempting to wash them out. They are hard to get rid of, and once through the wash, or half cleaned, they are indelible. After soaking them with alcohol, wash them very quickly, using tepid water, white soap and a small, stiff-bristled brush; first wet the brush and run it back and forth with a sort of scooping motion, then rinse the bristles well and rub on a little soap; brush hard for a minute, then turn the stain wrong side up and brush, using clear water plentifully; but keep the stain pressed down in the folded cloth, so the water will not spread.

The Fine Art of Darning

Skillful darning of rents in garments is not easily picked up, but girls should be taught this as an essential part of their home training. The expert darner will make a rent in woollens well nigh invisible, weaving the torn edges together, matching them carefully, and afterwards pressing carefully. A fine sewing silk is used for darning woollens in preference to any wool, which would not be strong enough to hold unless the thread was too coarse. Where the cloth is thick enough, try to hide the thread between the face and back of the cloth; begin about half an inch from the edge of one side of the tear and run the needle the same distance from the other edge, concealing the threads carefully, and drawing the edges closely together, but not so they will overlap. If there is any nap to the cloth, brush it back when you are darning, and then brush it down again. Lay a damp cloth (cotton) on the wrong side of the cloth over the darn and press it down once, then remove the cotton cloth and press next the woolen surface, being careful that you do not press it perfectly dry, but that a very little steam arises after the iron is removed from it. If the cloth is pressed perfectly dry the work of the iron will show on the right side. A piece of cloth is usually darned with the vertical and diagonal stitches running with the threads of the cloth. The up and down thread

is usually the strongest way of mending a bias darn. Use no piece of cloth under the darning unless the material darned is thin, in which case a piece of silk of the same color is less clumsy as a backing to darn the wool, unless the wool is sheer.

"Gathering Up the Fragments"

Where one has fine cooking apples that mature early, a good way to save the surplus is to peel, cut into quarters and dry in the sun, if you have no drier, though it will pay to have a small one, even for family use. The early apples do not keep very well, in the fresh state, but dry nicely, and if screened from flies, wasps and other insects while drying, cook up as nicely as the commercial evaporated ones, and if you have your own, you know what you are cooking. Sweet apples will not do for drying, as they cook poorly. Tart apples are best. When drying such apples as the old "Maiden's Blush," try this way: Cut the apple in halves before peeling, then carefully scoop out the core, then peel, with as little handling as possible. If you have a drier, lay the halves on the racks until full, and dry as directed in the machine, setting over the stove, and sprinkling a small pinch of sulphur on the top of the stove underneath the drier to whiten or bleach the apples. If no drier, set in the sunshine; or, if careful, you can dry in the oven with a very slow heat. Always cover with some very thin material to protect against insect filth. Always take in the fruit that is drying before the sun sets or the dew begins falling. Never leave drying fruit out over night. Apples, peaches, pears, apricots, and other large fruits may be dried nicely, and all the small fruits and soft berries the same; but the much seeded fruits are not at their best in the dried state, though they have good flavor, and many people like them, and the only expense attending the putting up is the care they require, and putting away in good shape when fully dried. Many vegetables are "just as good" if dried before fully ripe, and when cooked have fine flavor and serve every purpose of canned vegetables. Putting vegetables down in brine, as corn, etc., is rather hard on the vegetable, and also on the stomach they are intended for.

Putting Away Fruit

Peaches, dried with sugar, are fully as nice as when canned, and if given reasonable care will keep without trouble. Peel nice, ripe, but not too soft peaches, take out the stone or pit, leaving the fruit whole, or at least in halves; allow two pounds of sugar to six pounds of fruit; make a syrup of three-quarters of a pound of sugar and a little water, put into this the prepared peaches, a few at a time, and let cook gently until quite clear. Take them up carefully on a dish and set in the sun to dry. Strew powdered sugar over them on all sides, a little at a time. If any syrup is left on the dish, remove to fresh dishes, turning the pieces of fruit. When quite dry, lay them lightly in jars with a little sifted sugar between layers.

Another way, less trouble, and "just as good," is this: Peel nice, ripe, firm peaches, cut in halves and remove the pit or stone with as little handling as possible. Lay on clean hardwood boards, wire racks, or dishes, in the sun, and let dry, turning each piece as it dries on the surface. Spread over the fruit a width of mosquito netting, or have them covered with screen wire on frames, to protect from insects. Allow to get perfectly dry, turning each piece every day, and as the fruit shrinks, laying the pieces closer together, and thus make room for more drying.