



# The Home Department

Conducted by  
Helen Watts McKee

## A Wish

Mine be a cot beneath the hill,  
A bee-hive's hum shall soothe  
my ear;  
A willing brook that turns a mill  
With many a fall, shall linger  
near.  
The swallow oft, beneath my thatch,  
Shall twitter from her clay-bull  
nest;  
Oft shall the pilgrim lift the latch,  
And share my meal, a welcome  
guest.

The village church among the trees,  
Where first our marriage vows  
were given,  
With merry peals shall swell the  
breeze,  
And point with taper spire to  
heaven.  
Around my ivied porch shall spring  
Each fragrant flower that drinks  
the dew,  
And Lucy at her wheel shall sing,  
In russet gown and apron blue.  
—Samuel Rogers.

(The above requested poem has  
been sent in by several friends, but  
each copy was different in some re-  
spects from the other. We thank the  
senders for the kindness.)

## The Coming Year

The worst or best I would not know,  
And yet, strange inconsistency,  
I ever ask, "What will it be—  
A year of joy, or woe, to me?  
A year of plenty, or of dearth,  
Or shall it be my last of earth?"  
The kindly curtain of God's grace  
Hides all the future from my face.

## "Line Upon Line"

It will be but a very short time  
now, until the preparation for plant-  
ing the crops must be taken up.  
Many people wait until the last  
minute to look after the garden and  
field tools. But a half day will be  
required, in many instances, to do  
now what may cause a loss of twice  
or thrice the time later on. Look  
after the tools and see that they are  
ready for use, repaired, repainted  
and sharpened, and put where they  
can be found at a moment's notice.  
Get the stakes ready for the to-  
mato vines, the brush ready for the  
peas, and have the little things, such  
as the "markers" for the different  
kinds of plants in the rows or beds  
already at hand. If you don't know  
how to construct and care for a hot  
bed, get information now, and be  
sure to start your early "green  
things" as soon as possible in the  
beds. Lettuce and radishes should  
be plentiful, and can be quickly  
grown. The Department of Agricul-  
ture, Washington, D. C., or your own  
board of agriculture, or experiment  
stations are each sending out much  
information, and you should apply  
for it.

A few hours spent in fixing up the  
fences, gates, doors, and other like  
things about the home will be time  
well invested. It will be but a short  
time until screens are in demand  
about the house, and these should  
be overhauled and repaired and  
painted. Read everything you can  
find about the fly and mosquito, and  
prepare to wage ceaseless war on  
these carriers of disease. Look  
after the water supply, and see that  
it is not taken from a "seep hole,"  
into which all the foul drainings of  
the animals' quarters, as well as  
from the house slops are emptied.  
Fix up the walks between the build-

ings, and around the yards. Put  
plenty of manure on the garden  
spot, and have the garden tools  
where you can lay hands on them at  
odd minutes. "Gardening for profit"  
around the evening lamp is a good  
exercise. Plan. Study your needs  
in the seed plant line; make a list  
of fruit bushes, vines and trees for  
filling vacancies and for starting  
new. Put in your evenings to some  
purpose.

## Floral Notes

It is none too early to begin plan-  
ning the flower beds and the garden  
crops. One of the very best paying  
spots on the farm, or in the village  
is a well-tended garden spot. Many  
things should be started indoors  
early in March, and if you have not  
yet sent in your order for seeds, be  
sure to attend to the matter in  
time.

For growing the poinsetta, which  
is so very much in evidence at  
Christmas time, we copy the follow-  
ing from Park's Floral Magazine: Poinsetta plants are easily grown  
from either seeds or cuttings, and  
invariably begin blooming in  
autumn, continuing throughout the  
winter months. They like a very  
sandy soil and need not be grown in  
a large pot. Seedlings started in  
early spring will bloom about the  
following Christmas time. Water the  
plant regularly and keep the atmos-  
phere moist to prevent leaf-dropping  
and to promote development of the  
bracts and buds. In the far southern  
states the plant will grow from six to  
eight feet high, branching and form-  
ing a gorgeous shrub or tree. As  
a rule, the plants are set near a  
house where they are somewhat pro-  
tected in case of frost, and after  
blooming, they are cut almost to the  
ground, when new, vigorous shoots  
will push up for the following season.  
Such shoots will develop immense  
bracts, and a group of the plants so  
treated make a fine display. The  
best fertilizer for these plants is lime  
and bone dust. Of course, in the  
middle states and in the north, the  
poinsetta is a green house plant.

It is recommended to soak seeds  
that are slow in germinating for at  
least twenty-four hours before put-  
ting into the soil. For hard-shelled  
seeds, such as canna, palm, and  
many others, it is advisable to file a  
small groove in the hard shell until  
the white shows through. For canna,  
after this treatment, pour boiling  
water on the seeds and let stand for  
twenty-four hours, and the shell will  
be softened so the sprouting can take  
place very soon.

## Contributed Recipes

**Black Chocolate Cake**—Beat three  
eggs, whites and yolks separately;  
to the yolks add one and one-fourth  
cupfuls of sugar, half a teacupful of  
sour cream, one large cupful of  
flour, one-fourth pound of unsweet-  
ened chocolate melted with a second  
half-cupful of sour cream, a pinch  
of salt, teaspoonful of vanilla, the  
beaten whites of the eggs, and lastly  
one teaspoonful of baking soda dis-  
solved in a little boiling water.  
When well blended, bake as any  
other cake in layers. For filling, boil  
one cupful of granulated sugar, and  
one-half cupful of water together  
until it spins a thread; beat the  
white of one egg to a stiff froth and  
add to it one-fourth teaspoonful of  
cream of tartar and the syrup, little  
by little, beating all the while. Whip

evenly and vigorously until cold, and  
put between the layers.

**Dried Green Peas**—When used as  
an entree, soak the peas for a couple  
of hours then cook in salted water  
until tender. Put into the water an  
onion and a blade of mint, fresh or  
dried; if dried, tie in a small cloth.  
When done, drain carefully. Place  
a little piece of butter in a stewpan  
and add the peas, a little cream and  
pepper and salt. When very hot add  
lemon juice, a very little, or omit if  
not liked, and a teaspoonful of sugar.  
Dish up on hot entree dishes with  
fried croutons. A salad made of  
green peas is very nice. Boil the  
peas until tender, then leave until  
cold. Dress with mint sauce and  
use a very little oil. Garnish with  
the grated yolk of hard-boiled egg,  
and serve.

**Making Tea**—Two teaspoonfuls of  
tea are used by a great many people  
where one teaspoonful is sufficient.  
Have a perfectly clean pot, dry and  
warm and for a pot that holds two  
teacupfuls of the beverage, use one  
good teaspoonful of tea; add the  
water the minute it begins to bubble,  
and let it be freshly drawn water.  
Let the tea stand to brew for four  
minutes where it will keep hot, but  
not simmer or boil. A clean pot,  
fresh water and good tea are requi-  
site.

## Gleanings

Dr. Fenton Turck is authority for  
the assertion that meat digests quite  
as well in reasonably large chunks  
as it does in finely masticated par-  
ticles, and, moreover, that the larger  
pieces do not so readily undergo  
harmful putrefaction from the action  
of the ever-present colon bacillus and  
its cousins in the alimentary canal.  
Meats, broths, and soups, Dr. Turck  
tells us, are the ideal culture media  
for the poison-manufacturing germs  
of the human test tube; and so we  
find them in the dietetic management  
of intestinal diseases like typhoid  
fever. Indeed, a patient in the  
height of typhoid fever will often  
digest a small portion of scraped  
beef when we would not dare to ad-  
minister a cupful of beef broth.

Meat broths were once deemed the  
most suitable food for invalids and  
weak convalescents whose digestion  
was supposed to be below par. To-  
day, every physician knows that it  
is impossible to extract the food from  
meat by any other means than the  
natural course of gastro-intestinal  
assimilation; that no meat broth or  
juice can contain the nutritive ele-  
ments of the meat itself, and that  
these so-called "concentrated" foods,  
whether factory-made, or home-  
made, are little more than temporary  
stimulants, containing principally  
the extractives which intoxicate, but  
do not nourish. We use them when  
we desire to enforce a fast without  
overcoming an inborn antipathy to  
fasting. And there is nothing so  
good for the average sick American  
as a brief but unsuspected fast.—  
Dr. William Brady, in St. Louis  
Post-Dispatch.

## Cold Weather Ailments

Acute catarrh of the stomach does  
not differ from the same condition  
when affecting the mucus membranes  
in other situations. It is not a true  
inflammation, according to a writer  
in the Medical Magazine, but merely  
a congestion of the blood vessels ly-  
ing near the surface, accompanied by  
a greatly increased secretion of mu-  
cus, and marked tenderness of the

parts. Catarrh may spread from the  
nose to the throat, and from the  
throat to the stomach, but this is  
rare. More frequently stomach  
catarrh takes its origin from some  
irritation, as the ingestion of acid  
fruits, strong condiments, ices, or  
iced fruits or drinks. The condition  
does not directly affect digestion; the  
gastric juices are secreted as in  
health, but digestion may be hin-  
dered by the large quantity of mucus  
secreted; this, in itself is indigestible  
and impedes the free action of the  
digestive juices on the foods.

That pain occurs after eating is no  
evidence in favor of indigestion ob-  
taining. The pain is more likely to  
result from pressure of the food on  
the tender lining membrane of the  
stomach. If, when the stomach is  
empty, the tenderness is still felt,  
it is safe to diagnose the case as one  
of catarrh; on the other hand, the  
persistence of the true pain would  
point to some form of inflammation.

Highly-spiced dishes taken into a  
catarrhal stomach may give pain  
that lasts long after the food has  
been digested; there is one considera-  
tion of great importance in connec-  
tion with the liability of catarrh to  
spread from the throat to the stom-  
ach; this is the evil of not expecto-  
rating the mucus brought up from  
the throat. The practice of swallow-  
ing this mucus is dangerous, and  
children should be taught the proper  
disposal of it when coughing, or  
otherwise "raising" the phlegm, or  
mucus. Where catarrh of the  
stomach causes vomiting, no pus or  
blood is ejected.

## Storing Vegetables

Potatoes should have plenty of  
air-slacked lime sprinkled among  
them when stored, as the lime will  
absorb the moisture and prevent  
sprouting or rotting. If the cellar  
is very warm the potatoes may begin  
growth later on, and the sprouts  
must be rubbed off, as they take the  
life out of the potato.

Turnips, beets, carrots and such  
vegetables as can not be left in the  
ground, will retain their crispness  
and juiciness if packed in layers of  
sand or garden soil. If the cellar  
is too dry, and they begin to shrivel,  
water should be sprinkled over the  
top of the soil to moisten, but not  
make it wet. The sand or soil  
should be about as moist as the soil  
naturally is. Tubers and roots  
should be kept as moist as when  
taken from the ground.

Onions and apples should be laid  
on shelves, and be kept as cool as  
possible, but not allowed to freeze.

In all underground storages for  
the family supply of vegetables,  
fruits, milk, butter, lard, etc., it is  
essential that all noxious gases be  
eliminated. Charcoal is an absorbent  
of gas, and should be set about in  
the cellar to purify and sweeten the  
atmosphere wherever unwholesome  
gases are liable to exist. Lime will  
absorb moisture, and sweeten the  
air, also. Where milk, butter, or  
other foods that readily absorb odors  
are stored, a dish of charcoal should  
be set near them. Underground  
cellars should be kept clean and  
sweet, as the vapors, gases and odors  
arising from the contents during the  
winter may bring sickness to the  
rooms above.

## Waterproofing Leather

Every fall and spring we are  
asked to give directions for making  
boots and shoes proof against the  
water, slush and snow of the wet  
season. Here is a good method:  
Boiled oil, one pint; oil of turpen-  
tine, black rosin and bees wax, each,  
three ounces; melt the wax and  
rosin, add the turpentine. Apply  
warm, after thoroughly mixing the  
ingredients.

It is claimed that if a coat of gum  
copal varnish be applied to the soles  
of boots and shoes, let dry, and an-