

# The Home Department

Conducted by  
Helen Watts McKee

## Equality

Within a stately palace sat  
A rich man on his throne;  
To east, and west, and north and  
south

A splendid kingdom shone.  
This man, he waved a haughty hand,  
"Behold, 'tis all my own!"

But Death said clear, in passing by:  
"Even the rich must die."

Within the senate's marble hall  
A mighty statesman spoke,  
And to the people gave such strength  
A tyrant's rule they broke.  
This man, he waved a prideful hand,  
"Twas I who Freedom woke!"

Yet Death said clear, in passing by:  
"Even the great must die."

Within a humble cottage bent  
A tiller of the soil;  
The palace and the senate hall  
Were built from out his toil.  
This man, he waved a weary hand,  
"Fate holds me in its coil!"

And Death said clear, in passing by:  
"Even the poor must die."  
—Guy M. Stealey.

## The "Spring Opening"

It is high time you have provided yourself with the various catalogues which seedsmen and florists send out for the asking. The horticulturist also sends out catalogues well worth asking for, if you have any space for even a few fruit plants or slips of trees. We are warned that high prices for everything eatable will prevail for some time to come; it would be well to look over your grounds and see how much of a garden you can get out of it. Many of the early vegetables will pay to be raised even in the city back yard, for it is the early vegetable that gets the slippery dime and nickel. If you have not yet secured your catalogue, do not delay to send for it; send for several from different firms, and then, when they come, study them over carefully and at the same time study your available space. While waiting for the catalogues, or for the spring to "open," you should get manure, proportioning the amount to the ground, and the condition of it as regards fertilizers, or the lack of them. Well-rotted manure, if it has not been exposed to the fall and winter rains, will be best; but if it has been exposed, and the life all washed out of it, you would better get the manure and "fork it over" as it ferments, and when you have the garden plowed, or spaded, have it scattered over the surface to be turned under. For the hot bed of more or less size according to your need, you must get rather coarse, strawy manure from the horse barn, by the load. If you don't know anything (or even if a very little) about making and caring for hot beds, write to the Department of Agriculture, Washington, D. C., and ask for literature on the subject; then, when the bulletins come, study them closely and follow directions. A little experience, however, will beat theory, and you should combine both. Your ground must be in good condition, well spaded and raked and pulverized and if you have worked

some fertilizer into it, so much the better. Consider the conditions—amount of sunshine or shade, and select your seeds or plants accordingly. In order to garden intelligently, you just must understand the needs of the different growths, and if you read every word in the catalogues, you will not know any too much. If you don't know much about plant growth, stick to the old stand-bys, and let the novelties go to the "regulars."

## Getting Ready to Garden

Don't allow any one to tell you that "any one can grow vegetables." Any one who knows how, can; but a lot of people, while loaded down with theory, have very little practical knowledge of plant culture, and they have to learn a few lessons. The first thing to do is to get your ground in good condition, through spading, or plowing, raking and pulverizing the soil, and not any back yards are rich enough to grow things well without an application of soil-food. Study everything you can get your hands on that teaches the lesson, and if you have a neighbor who is a successful grower of garden stuffs, don't hesitate to ask him how he does it. But apply yourself and use a lot of common sense. Get your seeds from a reliable firm; don't buy them at department stores, or from street stands. The best is never too good, and only the reliable seed firms have these. You can not buy good seeds for nothing. Remember that everything will cost its full value this season. If you buy manure, don't take "chip" manure, for that is slow to heat, and will check the growth of your plants. In cities, and elsewhere, the bedding for horses is often shavings from the various factories, because straw or hay is too costly to be used, but no matter how cheap the shaving manure is, it will not serve in your gardens. Many things can be started in boxes in the house long before it is warm enough outside for them; but if you start them indoors, you must transplant them into other boxes, as they grow, because if allowed to grow too thickly, they will be "spindling" and frail. Transplanting will make them stocky, and able to stand transplanting outside when the time comes. Little thumb-pots made of paper, filled with dirt, and the seeds planted in each of these (three to six seeds in each) and the thumb-pots set in shallow trays with soil sifted in between, will make good growth, and when too large for the trays, can be shifted into larger paper pots and set in other soil-filled trays, and when the soil outdoors is warm, they can be slipped into the ground without disturbing the delicate roots. To make a success of your gardening, you must know a whole lot; and it is time you began looking into the subject from all sides.

## Contributed Recipes

**Ginger Drop-Cakes**—One cupful of light brown sugar, two-thirds of a cupful of butter, one-half cupful of cold water, one egg, two-thirds of a cupful of molasses, one large tablespoonful of ginger, one large teaspoonful of soda and flour enough to

make a thick batter. Mix these ingredients well, and drop by teaspoonfuls on a well-greased pan, bake in a moderate oven.—Mrs. N. M.

**Cooking Fish**—In boiling fish, always tie in a cloth and add a dash of vinegar to the water, the vinegar serving to keep the flesh firm and white. When frying, be sure to have plenty of fat, and have it hot; as this fat, after fish has been fried in it, can be used for nothing else, have a separate vessel to put it in, and use again for fish. Corn meal or flour, whichever one likes, may be used to roll the fish in for frying, but it is claimed that the corn meal combines best with the fish.—M. M. Illinois.

Suckers are very good eating, the flesh being firm and of fine flavor, but the fine little sheaves of bones are disagreeable and troublesome. Score the pieces deeply with a sharp knife, and fry well in deep fat. Or, put the fish in a jar or bean pot, cover with water to which has been added sufficient vinegar to give it a sour taste, a teaspoonful of salt, a saltspoonful of pepper, three each of cloves, cinnamon buds and allspice (whole grain); bake slowly for three hours and serve cold.—C. F. Iowa.

## Sauces for Fish

**Poulette Sauce**—Half a cupful of butter, three tablespoonfuls of flour, yolks of three eggs, one pint of stock or water, one tablespoonful of lemon juice, one-eighth teaspoonful of pepper, one level teaspoonful of salt. Beat the butter and flour together until smooth and light, then add salt, pepper and lemon juice; pour the boiling water or stock upon this mixture and simmer all for ten minutes. Beat the yolks in a small sauce pan and gradually pour the boiling sauce upon them, beating; set the sauce pan in another containing boiling water and stir for two minutes. Then remove without delay.

## Cooking Lentils

A friend asks for methods for cooking lentils. This member of the legume family is not as well known by Americans as it should be, and in most cases of those who try them, the taste for them must be acquired. But, once you get used to them, they are well liked. Here is one way to cook them: Soak the lentils over night in cold water and put on to boil with a teaspoonful of soda, in the same water in which they were soaked. Let them boil hard for about two or three minutes, then drain, rinse with hot water and return to the fire with fresh boiling water salted a little. When they are tender, finish as follows, being careful not to allow to boil too long, so they are a mushy mass: Mince a slice of ham and fry it with a small onion and a few sprigs of parsley, or any preferred herb. As the grease cooks out of the fat ham, dust flour over it, using only what it will absorb; when the ham is nicely browned, pour over it a cup of cold milk, allow it to boil up and add to the lentils, stirring in just at the last, two well-beaten eggs, but do not allow to boil after the eggs are added, as the mass will be hot enough to cook the eggs.

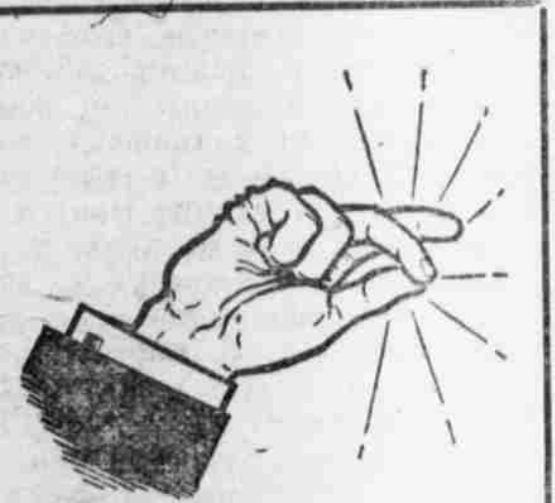
Another way is to cook as above in soda water, then drain, and use stock or strained vegetable soup, boil

until tender, then season with a very little pepper to two tablespoonfuls of rich cream. They may also be mixed in equal quantities with rice that has been boiled until tender, the lentils having been cooked also. Lentils may not be kept by the country merchant, but in the large cities they can usually be had. Any of the legumes may take the place of the highly popular little navy bean, but none of them will taste "just as good" until we get used to them, even if then; but they are all nutritious.

## With Our Readers

Mrs. E. C. asks about shrimps: The best shrimps in America are procured in southern waters, and only boiled ones are to be had away from the shore, except, perhaps, in the markets of the large cities. They are in season from May until October on the coast, and are prepared for use by removing the shell and intestinal vein; they are very attractive when served in scallop shells, or in salads. They may be had at all times in cans, and creamed shrimp forms the basis of salads served on a lettuce leaf with mayonnaise dressing, or mixed with apple or cucumber cubes, celery strips, sliced tomatoes or nuts. The meat is usually marinated in French dressing, thoroughly chilled, and when ready to serve, lightly mixed with the other ingredients, and covered with mayonnaise. Lemon or onion juice is usually used with shell fish, according to one's taste. Creamed shrimps may be used on thin slices of toast.

M. M.—We are told that "the fatter the fish, the more digestible is its flesh." Of the fat group of fish, the best are salmon, herring, mackerel and eels; of the non-fatty, the codfish is the most generally used. Oysters eaten raw are almost self-digestive; but lobsters and crabs are not only foul feeders, and as such



## You Can Snap Your Fingers

at the ill effects  
of caffeine when  
you change from  
coffee to

# POSTUM

"There's a Reason"