

HOME HARMONIOUS

By Anita de Cambi



BUNGALOW OF RED BRICK.

NOT A city or suburban lot but would be decorated wisely and well by this unique story and a half red brick bungalow. Although it contains nominally only five rooms, both the exterior and the interior give one the impression of that of a larger house.

An experienced bricklayer can do much toward adding distinction to the exterior by carefully selecting his brick so that those of darker shades will be reserved to outline the entrance arch and over the windows. The stiles, too, might well be of the same color and thus stand out in greater contrast against the lighter colored background of the wall.

You have already noticed the unusual entrance feature. The wood bench on each side just inside the archway is truly inviting—a good place to do the mending or for the mother to watch the youngsters play. Likewise, just the spot where daddy can sit and smoke his jimmy pipe or evening cigar.

Against the red brick walls, a green roof covering affords pleasing contrast. The shingles can be of real slate or asbestos or other composition colored a dark green. The generous pitch of the roof itself assures freedom from those annoying repairs to which flat roofs are most commonly heirs to.

No much can be done with even the small grounds on which the dwelling is built—40 feet by 100 feet—if the arrangement has been thought out before building the garage—or maybe it's a chicken house that's nearest your heart.

No matter whether your garage is reached from the front by way of a drive alongside the house, or if it abuts on a rear passage or an alley separating the property from that beyond, the garage should be placed at the corner of the lot in preference to the middle. The corner chosen should be that one where the garage or chicken house will throw the least shadow on the part of the yard which is to be planted.

Therefore, before starting haphazard planting of shrubbery and the digging up of the vegetable garden, think well so that your garden is given the most light. Thus, on a lot which faces east, the garage should be built on the northwest corner. For the lot which faces west, the garage should be on the northeast corner, etc.

Placing the garage in the corner of the narrow lot is advantageous in that not only will the driveway from the front be straight, and hence its construction economical of material and

labor, but it also permits the planning of the rest of the backyard as a unit and not as several small patches too small to be of value.

Privacy is coming to mean more in garden landscaping, so that instead of there being no fence or an open wire fence between houses, hedges and other shrubbery are now being planted just inside and along the lot lines. No backyard is complete without its vegetable garden, and this can be planted alongside the garage. Here, too, should be provided a place to stretch the prosaic clothes line. A narrow strip of cement walk from which to hang the clothes will be appreciated by the servient housewife.

Coming toward the house, a simple and inexpensive vine-covered pergola built just this side of the vegetable garden has great artistic merit and will provide the aesthetic feature to hide the commonplace vegetable garden and family wash from view. A sundial or bird bath and garden seat of concrete are inexpensive decorations worth many times their intrinsic value in beautifying the lawn between the pergola and the house itself. A little concrete or masonry, of course, adds distinction to such a scheme.

Now for the house itself. The fireplace is real—a place to take the chill out of the rooms in early fall and late spring, and a source of great satisfaction at all times. Theavenport in front of it can be swung around against the wall to make a bed for the week-end visitor.

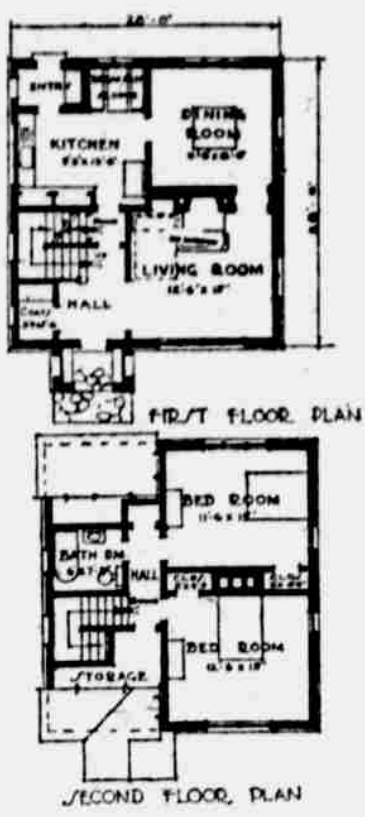
The breakfast alcove in the kitchen will be appreciated by the housewife in the small family, as the dining table need not be set except on occasions.

The old fashioned, hard-to-tidy pantry is eliminated in this plan and in place of it we have built-in pantry cases.

Running down to the basement we find a laundry, well lighted fruit storage room, and the furnace and coal rooms. Each of the latter are closed in with masonry walls to the ceiling, and danger of the spread of fire is further guarded against by using metal lath and plaster ceilings to protect the underside of the first floor joists.

Two bedrooms, averaging 12 by 15 feet, and the bathroom are snugged under the roof without crowding.

With masonry walls and durable shingles, about the only features which should entail upkeep expense are the plumbing and plastering. Open plumbing is now the rule in all well ordered houses. Nickled pipe



FIRST FLOOR PLAN
SECOND FLOOR PLAN

and fittings do much to eliminate expensive repairs.

Wood in partitions tends to shrink, and ordinary lath absorbs moisture. Both of these factors tend to cause plaster cracks, a source of much annoyance and expense. Wooden partitions will always remain as an important and economical form of construction and so are recommended, but in place of ordinary lath, metal lath appears to be finding much favor among architects, as its steel mesh acts as a base through which the wet plaster finds its way, imbedding the steel strands, and, hardening there, reinforces the whole surface against cracks.

This attractive brick dwelling was designed by Architect J. S. Whitman of Buffalo, N. Y.

D. G.: Use rose colored crepe for your bed cover and drapes and rose and tan stripe for the slip cover for your easy chair. Use a taupe rug.

B. M.: Get some sort of flowered chintz for the drapes in your bedroom. Have your lampshade match some one of the colors in this. Get a taupe rug.

THE COOK BOOK

By Jane Eddington

OLD FASHIONED MEDICINAL FOODS AND DRINKS.

A DOCTOR recently advised a man who wished to prepare a laxative for constipation. Up to that time I had considered flaxseed lemonade, one of the old fashioned woman's remedies for a cold and other troubles, a noticeable item of interest.

Recipes for making this lemonade are to be found in many a reputable old book, so to a druggist I went for a supply of flaxseed for experiment. He sells a lot of it, he tells me, and since it is cheaper by a half than agar agar, and serves the same purpose and more, I began experiments with this innocuous thing, and I think I have found out something that no single old book mentions—how to make it a more agreeable preparation.

Flaxseed Syrup.
Add two tablespoons of sugar and three tablespoons of whole flaxseed (you can buy ground flaxseed for poultry, etc.) to one pint of boiling water, steep this for one hour, then strain, and you will find you have an agreeable drink, but one of the consistency of the white of an egg. This heavy,ropy, gelatinous quality makes it hard to massage. You cannot dip up a tablespoon of it because it is so slippery, but you can change all that by heating it with an egg beater, after which you can dip it up by teaspoonful, and the heating of the air into it will find improves the flavor.

Flaxseed Lemonade.
To the flaxseed syrup add lemon juice to taste. It will not require much, and if you want to take this lemonade hot, drink it at once or after heating with an egg beater and eat it by spoonfuls. If you try to keep it hot after the lemon juice is in all the gelatinous quality will disappear, and the flavor will be impaired. But you may cool this or chill it, which is better, then whip the extremelyropy gelatine with an egg beater and get an agreeable and cooling drink. The heating makes as much difference perhaps as the aerating of soda water makes in the palatability of that drink. This is what the old books do not mention.

The Pharmacopoeia Versus the Cook Book.

Taking an old book in my possession with the title "Therapeutic Handbook," by Dr. Robert E. Edes of Harvard University, fellow of various scientific societies and possessor of many honors, I went through it the other day and made an enormously long list of ordinary cook book items given a place for their medicinal value and physiological and toxic action. This book was originally acquired because of the light it threw on many a common food.

We might begin with common salt, so indispensable to the cook, and find it has an exceedingly coded list of medicinal uses. Lemons, oranges, and particularly their peel, all the spices and condiments, coffee, herbs, bark, sugar, honey, olive oil, berries, and such fruits as prunes and figs, especially, find a place in the pharmacopoeia, as well as in the cook book.

Plain suet has been used in dressing ulcers, but the doctor depended upon the housewife to render it, and the mutton fat and lard for unguents as well. In making her quince jelly the old fashioned housewife saved her quince used for medicinal use, since all the mucilaginous fruits and vegetables, almost, seem to have had a well recognized place as remedial agents. A sort of mucilage made of quince seeds—the housewife made it—it has been used "as a soothing, bland external application in abrasions of the skin or fissures of the mucous membrane; also internally as a soothing application to the throat and bowels." The cores of the quince with the seeds are cooked in making certain quince conserves.

With our increased use of all sorts of cooking fats, which are much less expensive and may be almost or quite as palatable as, and on the whole more sanitary than, some types of preserved fats, it is interesting to see how a doctor has looked at them when making up a comprehensive book of remedies: "Fat contains more than half their weight of glucose, as well as gum and fat, and hence possess some nutritive value. They form an excellent laxative, and this action is probably caused by irritation of the mucous membrane by the seeds and skins. They are apt to cause slight colicky pains and flatulence."

You can have the smooth flaxseed laxative or the rough fig or bran, according to your fancy. In the pharmacopoeia you will find an excellent list of laxatives, and the majority of them are smooth. The mild cathartics get most frequent mention, and the prune prevents constipation, besides being mildly laxative. The doctor says to increase their efficiency by stewing them with senna, a laxative confection used for habitual constipation. Even before these days of modern dietetics, when the dietitians came near to be-

lieving you can do all curing with foods, there was a constant give and take, between the doctor and the cook.

Tonic Greens of Spring.

The old fashioned cook reveled in the tonic greens of the springtime, in dandelions especially because of their bitter principle. Bitter principles have a prominent place in medicine. The pharmacopoeia mentions dandelions as taraxacum and advises an extract of them for "stomachic tonic, mild laxative," etc. When you take the greens you get a laxative and stimulating roughage as well. The yellow dock of the pot of greens is bitter and laxative also.

It is the poke root remedy in the pharmacopoeia and poke greens in the cook book. It is rhubarb root in the one place and the equally effective rhubarb sauce or pudding or jelly in the other. There is a certain "liveness" about the latter that gives it an impetus. The things we like to take into our mouth get a welcome that helps to make them effective, sometimes many times over.

We know what a zest to the salad is given by rubbing the herb with the cut end of the clove of garlic. Medically a great deal has been written about the medicinal qualities of garlic and onions, and not by popular writers alone but by the scientific. Of garlic and onions in the book in question it says of the oil in them: "It is stimulant in small doses to the digestion, and also to the nervous system, and is supposed to have special action upon the bronchial tubes and their secretions." Mercy knows we need to keep

the secretions of these tubes in good condition, living as we do in a smoky saturated atmosphere and suffering almost more from respiratory diseases, mild and severe, than from anything else.

To Stimulate Appetite.

The old cook books will tell you how to remedy the root of the sweet flag, and one of the stores of the best known or most famous candy firms in the United States has long sold this dainty thing, called candied calamander. The root is bitter, and it has been chewed by our grandmothers and their mothers to stimulate appetite. The extract is labeled, "A stomachic stimulant and flavoring."

In springtime country children and their elders, too, have loved for the same reason the sweet or black birch bark. It has gnawed many a twig clean myself and the berries and leaves of the wintergreen. Of those both it may be said medicinally that they possess "the mildly stimulating properties of the arumlike." They have been enormously used in confectionery, of course, but also widely for flavoring medicine as well as straight in the shape of their extracted oils and for rheumatism in particular.

Sassafras and its derivative, sarsaparilla, are used in the same way, and people of the Virginia, in particular, have believed it impossible to get through the spring without sassafras tea. There is much pleasant lore about it. For medicinal use, besides the tea, a mucilage is made of sassafras pith as a "bland protective to irritated or abraded surfaces," and an essence or oil is made for flavoring confectionery, drinks, and medicine, of which straight

"deco" are given. It is used, you see, both for external and internal use.

Sassafras Tea.

Wash and chip half a cup of sassafras bark, and pour over it three cups of boiling water; let it draw ten or fifteen minutes. Strain and serve either hot or cold. Some mother in Pennsylvania contributed the following to a magazine five years ago: "It seems a real discovery to me that I have found something to serve my three children when we grown-ups are enjoying food tea. Tea and coffee are forbidden them, of course. But I brew a bowl of sassafras tea, cool it, sweeten it, and let it, and serve it to them. My small daughter and her two brothers are enthusiastic about their tea."

Sassafras Jelly.
Miss Beacher's old cook book has this: Sassafras jelly—"Take the pith of sassafras boughs, break in small pieces, and let it soak in cold water till the water becomes glutinous."

Sassafras Flavorings.
When sassafras is used instead of water in making a fondant cream puffs and bonbons made of the same fondant are pretty and agreeable of flavor.

Old fashioned made well flavored with sassafras instead of birch have had their day, and still live in the minds of those who think of sassafras in ecstatic terms. One of these has written: "The sassafras days are here, the happiest of the year."

Much is said about the identity of spring with sassafras and the appealing sassafras odors of spring days to the school boy as "when returning from school and upon entering the home the first sweet and savory odor of the sassafras brewing on the stove came to our boyish nostrils. Nothing in the world compared with the redolent odor of this nectar brew. Hurrah, sassafras tea for supper!"

When sassafras is gathered, there is a folder of clippings on the sassafras becomes as entertaining a collection of items as one may find. I love mine. And it is worth while to mention that the gumbo file powder of the soups by that name, made in New Orleans, consists of young sassafras leaves which the Indians of that region pick in the spring and dry and powder, putting the powder into tightly corked bottles which have been sent all over the world.

Sassafras in Southern Medicine.

In a wonderful book prepared by a southern doctor and surgeon during the civil war, to show what resources the physicians had at hand, there is a wonderful essay on sassafras, descriptive of its many uses and what had been done with it ever since the Spaniards entered Florida to explore it. Of the leaves it says: "The leaves of sassafras contain an unusual proportion of mucilage, which about readily serve as a substitute for gum arabic, flaxseed, slippery elm, etc. Two or three leaves dissolved in water yield a mucilaginous drink."

This doctor tells what great use he made of the tea made from sassafras root. "It was given whenever a warin, aromatic, mucilaginous tea was required, in fever, pneumonia, bronchitis, catarrhs, mumps. It served every purpose of the articles usually supplied by the medical purveyors of the army. In camp, sassafras tea was often drunk daily by many of the officers and soldiers as a favorite substitute for green tea."

He also says it made "a cheap and wholesome beer for the use of soldiers or as a table beer." One recipe given calls for yeast, but the beer is ready in twenty-four hours. He gives two other recipes which call for longer fermentation.

Invalid Cookery.

An enormous number of cook books have a section devoted to invalid cookery. Invalid recipes are usually to be found in the lists, and this has an interesting and useful place in the pharmacopoeia, as has linzins or fish glue, though of lesser credit. Hops, liquorice, and all the flavoring and seasoning things, nearly, which are used so universally in cookery to make dishes interesting and appetite stimulating are there. It is good medicine to stimulate appetites, based on an extremely sound physiological fact.

Practical and Fancy Needle Work

By Clotilde

CROCHETED HANDBAG.

IF YOU have any leisure time, there is no limit to the attractive things that can be crocheted and knitted, and the work is fascinating to do. The bag shown here is one of the prettiest seen lately, and will be sure to appeal to many women.

Material required is four balls of cotton, size 20, green.

Ch 12 and join to form a ring, ch 4, 11 tr over ring, ch 2, 12 tr over ring, ch 2 and join.

2d row—8 st, p, 8 st, repeat till there are six petals over first group of tr, ch 3 and repeat for other side.

3d row—Ch 5, skip 2 and d in next st, repeat three times, 8 tr over loop of previous row, repeat for other side.

4th row—5 s over each loop, 2 s into 2 tr, e, p, 2 s into next 2 tr, e, p, 2 s into next 2 tr, e, p, repeat for other half.

5th row—8 s over each s, making 2 p at center of each group, ch 11, 1 d e at beginning of next group, repeat for other half.

6th row—Ch 11, 1 d e at beginning of next group, repeat twice, 16 tr, e, repeat for other half.

7th row—8 s over 3 group of ch, 2 s e in 2 tr, e, p, repeat to end of group and repeat for other side. Make eight motifs.

Ch 32 and work two rows of d, e, ch 10 row—1 d e in each d, wash 1 ch between.

Work twenty rows of 2 ch o m and work six more rows, decreasing each row one mesh at each end. Work another piece for other side.

Join two motifs to lower edge of bag as illustrated, sewing free edges of motifs together and join sides of two large o m pieces with one row of a c and p. Finish top of these pieces in the same manner, working separately. Finish edges of other o m pieces with s e c and p join to motifs as illustrated.

Straps—Ch 8, 6 s in 6 ch, turn, 1 s e in each s and work for desired length. Finish bottom of bag with tassels and line with silk of a contrasting shade or to match the bag, as preferred. With two extra motifs joined at the edges one can make a dainty little powder puff case to carry in this bag. It should be lined with white or the same shade of silk as the bag to prevent powder sifting through.



Courtesy Star Needlework Journal, N. Y.

Bright Sayings of the Children

Mary Lou, an only child, was delighted when she heard her aunt Emily and four children were to visit at her house, and when they arrived she



clapped her hands and said: "O, auntie, I'm so glad you got a lot of family."
M. O.

Howard came in from play to tell his mother he had refused to quarrel with a little playmate, who had been disagreeable that morning.

His mother said: "That is the way you want to act, Howard?"
He replied: "I knew it was mother, know your mind, don't I?"
A. B.

Charles had taken part in some holiday exercises. It was his first appearance on the stage, and he had showed considerable nervousness.

I said to him: "I think you did well, Charles, even though you did get scared."
"O, I wasn't a bit scared," he hastened to assure me, "but I think my voice was."
C. A. R.

Robert was standing beside the crib of his lately arrived sister.

After a moment of thoughtfulness and quiet observation he looked at his



mother beside him and observed: "Goodness, mother, what a lot she's got to learn!"
P. G. P.

Several children were playing in our back yard, among them a small lad by the name of Bobby.

Bobby's mother had called him several times without any response. Finally, after about five minutes, she called, "Robert."

Bobby immediately dropped his toys and ran. I asked him what the trouble was. He answered, "Her called me Robert. I must go, for her is mad."
Mrs. G.

Jack, just crazy for an electric train, when asked by Santa Claus what he wanted for Christmas, said: "Bring me one of those trains—you know, the kind that runs around the world without stopping."
N. T.

Edwin was always late getting home from school. Brewster, too young to go, had often heard me scold about it. One day he stood by the window pa-



tiently waiting for his brother, long after school had closed.

Suddenly he exclaimed: "Well, there is that old kid at last. He is always sure to be the eldest one."
E. M. B.

My neighbor's husband often played with the boys in the back yard of the apartment building where we lived.

One Sunday morning, answering a timid knock at her door, she found a boy about 4 years old, looking anxiously up into her face.

"May your boy come down and play ball with us this morning?" he asked timidly.

"Why, I have no little boy," she answered.

"There he is!" cried the child, pointing at her husband, who had just come to the door. "He always plays with us."
M. J. B.

When Herbert and Fenton came strolling in a half hour after dinner was over their father decreed they should each have a sandwich and a



glass of water and be put straight to bed, a just punishment for bad boys.

A week later papa came home long after dinner was over. As their mother was hastily preparing a second dinner she heard Herbert mutter to his brother: "He ought to have a sandwich and a glass of water and go straight to bed."
A. L. H.



No Need to Worry.

A well dressed and charming young woman hailed a four wheeler, since there was no taxi in sight. Just as she was getting in she noticed the horse was inclined to be frisky. He was jumping about and swishing his tail in a way that alarmed her—she was a timid little thing. So she addressed a few words to the aged driver.



"I hope," she said, smiling bravely, "that you will not run away with me."

"No, mum," he replied, mournfully, "I have a wife and seven kids at home already."
B. P.

Mr. Carr Makes a Call.

Mr. Carr had occasion to call at the

house of a neighbor at night. He rang the doorbell. After a long wait a hand was poked out of a second floor window.

"Who's there?" asked a voice.

"Mr. Carr," was the reply.

"Well," said the voice as the window banged shut, "what do I care if you missed a car? Why don't you walk and not wake up people to tell them about it?"
D. S.

Couldn't Be Coaxed.

When the conductor asked one of his passengers for his ticket, he said: "I have no ticket and no money either."

So he was told he would have to walk. The train was stopped. The man got off, and proceeded to walk ahead of the engine.

The engineer blew his whistle for him to get off the track. When he paid no attention the engineer blew and blew again.

Finally the man looked back and said: "Youse can whistle all youse want. I won't come back."
R. B.

"PIGTAILS"—By Mildred Burleigh.

