



The Home Department

Conducted by
Helen Watts McKee

The Spinner.

A silvery web, with walls spun thin,
I found just now o'erhead, within
A corner of my room.

And as I watch the quaint design,
So crafty in its shimmered shine,
I dread to break the loom
That builded such a house of dreams,
Like rainbows round the spinners
gleams

Of every hope and fear.
A single breath may tear to shreds
The wondrous greys of tinseled
threads,

So shining bright and clear:
But never will he lose a day,
Although I brush his web away,
And scatter every trace;

And without noise or movement
rough,
Through patient hours and days
enough,

His home he will replace.

—Florence Richmond.

Flat Irons.

A flat iron should be washed and kept clean. They should be rubbed over with coal oil or beeswax when set away to keep them from becoming rough and rusted. Flat irons should not be left to stand on the back of the stove, to heat and cool, as by this treatment they are said to "lose their temper"—that is, they will not hold heat when in use. As soon as done using them they should be cleaned and put away in a dry place.

For ironing shirt waists, cuffs and collars, a polishing iron is a necessity. They are a little more expensive than the ordinary smoothing iron, but for successful work they are indispensable. To polish a collar or cuff, after having ironed the garment in the usual way, take a damp cloth and rub over the parts to be polished. Then, with a well-heated polisher, proceed to rub and polish until the desired gloss is obtained. If one carefully directs each movement of the iron with swift and even strides, even thin goods may be ironed before they are dry, and made to look like crepon, instead of a smooth madras or muslin. If one attempts to iron with a flat iron that is not hot enough, they leave ugly smirches on the clothes.

There is a vast difference between a dish-cloth and a dish-rag. Some people never have anything but a dish-rag, of whatever material it is made. A dish-cloth is always clean and sweet and takes much of the drudgery away from the after-meal service, but a dish-rag usually holds disease and death in its stiff, stained folds. The child who considers it a disgrace to be in need of examination by a board of health will, when a woman, consider it a disgrace to use a dish-rag about her housekeeping.

The Kitchen.

The kitchen is the key-note of the house, and a great deal of the comfort, to say nothing of the health, of the family depends upon the furnishing of this department. No matter how skilled the cook may be, if she must deal with unsuitable utensils and worry over a poor stove, the result will inevitably appear on the table, and have its effect on the family digestion. If any room in the house must be neglected, let it be any other than the kitchen. The best range is none too good, and will, with care, last a life-time, while a cheap stove is dear at any price, and will soon need repairs, if, indeed, it does not need repeated replacing with another.

It is a good plan for the young housekeeper to first get a good, reliable range, even though she must use goods boxes for seats and table and other furnishings until her purse is replenished. Visit stores where good kitchen utensils are kept, and see how many useful things may be bought for a dollar, and, instead of planning how few she can skimp along with, let her get one or more really good articles as often as she has the money to pay for it, and plan to have all that is needed to make her work effective. There is no extravagance so great as that of being wasteful of one's self.

Tested Recipes.

Oyster cocktails are served very often at the beginning of a dinner or lunch instead of oysters on the half-shell. For these do not use large oysters, but blue-points or a small oyster such as is usually served raw. To prepare them, mix the strained juice of half a lemon, one-half teaspoonful of vinegar, one-half teaspoonful of horse radish, eight drops of tobasco sauce, and half a teaspoonful of tomato catsup. Add eight oysters and let them stand five minutes. Multiply the ingredients according to the number of guests served.

O O

Chicken patties, served instead of chicken pie, are made as follows: Heat one cupful of white stock and one cupful of milk (or all milk may be used); stir four tablespoonfuls of flour into four tablespoonfuls of butter until perfectly smooth; add the hot milk, a little at a time, cook two minutes, or until thick and smooth, then add two cupfuls of cold chicken chopped and seasoned to taste. Line patty pans with puff paste, fill them up with the chicken mixture, cover with the puff paste and bake in a quick oven. Half canned mushroom and half chopped chicken make a delightful combination.

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Almond kisses are made thus: Whip the whites of four eggs until perfectly stiff; stir into them half a pound of pulverized sugar and one cupful of blanched and powdered almonds. Drop in spoonfuls on well-buttered paper, about an inch apart, lay the paper on a half-inch board and place in a slow oven until they begin to turn yellow.

Roll Cake

One-half cupful of butter creamed with two cupfuls of sugar, three cupfuls of sifted flour, four eggs, one cupful of milk; salt, spice, two teaspoonfuls of baking powder. Beat well after all ingredients are together and bake in long narrow tins. The cake, when done, should be in sheets less than an inch thick. Try with a broom straw, and turn bottom upward on a board. Spread the upper side with a thick layer of preserves, cream, chocolate, jelly or other filling; begin at one end and roll carefully. Pin a towel around it to hold until cold; cut slices from one end.

Wrinkles.

A correspondent asks for a sure and inexpensive recipe for the removal of wrinkles. I have been trying to decide whether I ever worried enough about their coming to try to find one. As I do not recall having done so, I must give her one from the note-book of a sister editor, who recommends it. Wrinkles are caused by some facial habit; so long as we have emotions and allow them to control the muscles of our face, just so long will we have

wrinkles. Overcome these, and the wrinkles will disappear. The wrinkles of aged people are caused by the skin losing its substance, and for these skin food and massage are the only remedies. Here is the recipe asked for:

"One ounce each of white wax and spermaceti, two ounces each of coconut oil and lanolin, and four ounces of oil of sweet almonds. Melt these together in a porcelain vessel, then remove from the stove and add two ounces of orange-flower water and thirty drops of benzoin. Beat briskly with an egg-beater until it is creamy. Apply this to the face carefully at night and wash off in the morning with water and castile soap." In drying the face, rub upward, rather than downward.

For Coughs and Colds.

For a cough which is simply annoying and prevents sleep, give a few drops of spirits of camphor on a lump of sugar, or the beaten white of an egg with the juice of a lemon and sugar. Or, apply a few drops of fresh lard and spirits of turpentine to the chest, covering with several thicknesses of flannel.

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One of the simplest and surest remedies for a cough is to lay on the throat and chest a towel, or other soft cloth that will lie closely against the skin, wrung out of cold water and closely cover it with several thicknesses of flannel. Renew the cold cloth as often as it gets warm, slipping it from under the flannel and restoring it so as not to expose the throat and chest to the air when changing it. One or two applications will usually be sufficient for even severe cases. In the nervous trouble known as congestion of the larynx, where great difficulty in breathing is experienced, the cold compress acts like magic. This is a sure cough remedy, always at hand and costing nothing.

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The following is strongly recommended: Two tablespoonfuls of flaxseed, one tablespoonful dry hoarhound and one quart of water. Boil these together half an hour, strain off the liquid, and to it add one sliced lemon, one stick of black liquorice and one ounce of gum arabic; boil twenty minutes and strain while hot. A tablespoonful of vinegar may be used, in case no lemon is to be had. The dose is a teaspoonful for a child, and a tablespoonful for an adult, three times a day.

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An excellent remedy for a cough is made by putting an egg (shell and all, as nearly whole as possible), into a pint of pure cider vinegar, letting it stand until the egg is entirely eaten up by the vinegar. Add enough sugar to make a good syrup, and it is ready for use. Dose, teaspoonful three times a day.

For the Sewing Room.

A woman skillful in the use of sewing implements can fashion her dress-skirts for the coming season by simply box-pleating the skirts all the way around with the boxes inverted and stitched flat to knee length. At the bottom they can flare. In order to be dressy and distinct from the rainy-day look of the short skirt, the skirt must be very long and very full.

Dress sleeves are slashed on the outside with the slashing reaching nearly to the elbow, and the inner

side nicely faced with taffeta. With this may be worn a pretty undersleeve, and this gives a woman an opportunity of wearing her white shirt-waists all winter with their elaborate vestings and their pretty sleeves.

Many white lace yokes are made from very heavy lace which may be laundered. Heavy Irish crochet is much used, and many novelty laces serve the purpose very well. Several lace yokes should be provided, one of which is as large as a cape, cut rounding in the neck, used to throw around the shoulders of an old gown. Another does not quite reach the shoulders, and buttons or fastens in the back, or may be secured with little fancy pins. Some yokes, while quite deep, are also high in the neck, and takes the place of a fancy stock.

The woman who understands fancy work, and has the taste to apply it, may look well all the time and in all her gowns, at but little expense.

Scientific Cooking as a Profession.

Miss S. E. Wentworth of Boston was a graduate, with honors, from Vassar college. It must have been inspiration that put it into her mind to become a scientific food expert and ease the stomach tortured race of a little of its woes. She entered the Massachusetts Institute for Technology and put herself under the instruction of the acknowledged food expert of America—we are proud she is a woman—Mrs. Ellen H. Richards. There Miss Wentworth learned to feed people hygienically so satisfactorily that Mrs. Richards asked her to go into the Boston New England Kitchen and run it, with Mrs. Richards herself as advisory board. The kitchen was established in one of the districts of Boston inhabited by the poor that the women might buy good food cheaply and at the same time learn something about preparing it themselves.

But once she had learned her profession as food expert, Miss Wentworth was in demand in many places at once. An insane asylum in Illinois wanted her to plan meals for its 2,000 patients and 300 attendants. She went there and did this six months for them. Then she was wanted at the Massachusetts General hospital. She took charge of its kitchen and, while improving the food of patients and attendants, saved the establish-

BUSY DOCTOR

Sometimes Overlooks a Point

The physician is such a busy man that he sometimes overlooks a valuable point to which his attention may be called by an intelligent patient who is a thinker.

"About a year ago my attention was called to Grape-Nuts by one of my patients," says a physician of Cincinnati.

"At the time my own health was bad and I was pretty well run-down, but I saw in a minute that the theories behind Grape-Nuts were perfect and if the food was all that was claimed for it it was a perfect food, so I commenced to use Grape-Nuts with warm milk twice a day and in a short time began to improve in every way and I am now much stronger, feel 50 per cent better and weigh more than I ever did in my life.

"I know that all of this good is due to Grape-Nuts and I am firmly convinced that the claims made for the food are true. I have recommended and still recommend the food to a great many of my patients with splendid results and in some cases the improvement of patients on this fine food has been wonderful.

"As a brain and nerve food, in fact as a general food, Grape-Nuts stands alone." Name given by Postum Co., Battle Creek, Mich.

Look in each package for a copy of the famous little book, "The Road to Wellville."