

# School for Housewives

By Marion Harland

## FOR THE HOUSEHOLD

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**Y**OU have not asked in vain for the recipe for parsnip wine. To one who receives no allowance and is compelled to ask for every dollar, as I am, it is a great pleasure to respond even to the smallest of your needs.

The recipe will be found in its own place in the Recipe Column. It comes from West Virginia, a surprise to one who flattered herself that she was tolerably familiar with Virginia cookery and delicacies. The description of the heirloom "brew" tempts one to try it, albeit incredulous as to the possibilities of evolving anything delicious from the parsnip, with its coarse flesh and odd, sticky sweetness.

### The Family Finances.

**M**AY I offer a few words of advice to "M. M. W.," who writes that she receives no allowance and is compelled to ask for every dollar, as I am, placed in the same position myself.

I hope to convert her ideas (as well as those of many others) on the subject, I acknowledge in embarrassing positions at times. But my husband is so trustworthy, so devoted and dutiful in all matters that I have learned to disregard outside opinions, thus overcoming many embarrassments. I have heard women say, "They would not live with a man who would not give them all his money."

This is my way of thinking: That marriage is a contract entered into by two people, and as long as those two people can hold their opinions without interference, just so long can they expect to get along well. But when either of them allows outside interference, then they can expect death to their happiness.

I speak from a little experience, because this is my second marriage, and my advice to "M. M. W." is that, since she regards her husband as "exemplary," she possesses a treasure she cannot appreciate too much. They are not plentiful. N. M. Y.

The testimony of the writer carries the weight of experience, and is not to be lightly gainsaid or disregarded. It is evident that she has mastered the lesson of contentment with her lot and the art of putting the best face upon the inevitable.

### Salt Down Your Flannels and Furs.

**I**F THE lady that asked what to do for her sticky bread will wash and put in the hot sun everything she uses about bread or pastry every time she uses them, she will get rid of the trouble this summer. It did the work for me after trying everything else for three summers. It is what the baker calls "ropy," and is very hard to get rid of. It is caused by a minute fungus growth. In putting away your furs, clothing and bedding, if you will use just common dry salt (I use barrel salt) freely, you will not be troubled with moths or mice.

Warts touched with cinnamon oil three or four times daily will dry up and fall off in a few days. It is painless. MRS. L. A. (Iowa).

Our Iowa mother has earned her season ticket of admission to the stage box. The more of such items she sends to us, the richer will be our corporation. The idea of salting down winter flannels and furs is novel and inviting. Especially as salt is antiseptic and odorless.

### Advice for a Beginner.

**B**EING an inexperienced housekeeper, your "School for Housewives" is of untold value to me, and, while I have nothing to contribute, I wish to ask advice on:

- 1. How to keep a coffee boiler bright?
- 2. How to remove lime from the inside of teakettle? Mine is heavily coated.
- 3. Is there any way to soften drinking water, or does the surplus of lime prove injurious with constant use?

1. By cleaning it once a week with the red pomade sold for that purpose, or with oxalic acid, and rubbing it lightly or hard, as its condition requires, every day. The steam and gases of the kitchen have a tendency to tarnish it.

2. It is said you can prevent it from forming by keeping an oyster shell in the kettle. Remove it by boiling vinegar and salt in it. The acid acts chemically upon the lime.

3. Boiling will precipitate some of the lime. A surplus of any alkali is more or less injurious if taken habitually. The residents of limestone regions contend that their health is maintained, not undermined, by the impregnation of their drinking water with lime.

### Use Oil for Troublesome Bugs.

**H**OW can I come into communication with "E. D.?" I feed the same number, evidently, as she does, except that my family consists of girls, while hers is of boys. It costs me at least ten dollars per week, "E. D." but four dollars.

I hope she is appreciated by husband and sons! Such women should be, for they make the home truly a home.

May I say a word or two of that common pest—the bedbug? Take as many camphor balls as you may have in the old trunk left over from last year. Mix in one quart of kerosene oil—using, say, about twenty-five camphor balls crushed. No feather or paint brush, please! That is too dainty an operation on the bedbug—but take your can of oil and pour—yes, pour—over the tops of doors and windows, over all woodwork, till oil runs down the sides, even on the carpet. It will never hurt your most costly paper, as it evaporates in two or three days, so that you really wonder if you ever used the best results, where there has been a thousand or more bugs. Go through this operation about three or four times and you are safe—perfectly safe. I have lived in three houses where the word seemed to breed them. Good sisters, try my simple remedy and you can boast, as I do, that a bug never lives in my house twenty-four hours. CASSIE.

Our Pennsylvania housewife has arrived at the same conclusion—but by a different road—with our valiant Canadian "John," who gave us a spirited account of his battle royal with the "B. B. B. B." last week. The experiment is simple and easily made.

## Excellent Recipes

### Raisin Bread

Two yeast cakes, five pints of sifted flour, one quart of warm water. Set to rise over night. In the morning take two pounds of seeded raisins, wash, then dry with a clean towel. Sift flour over them. Cream together one pound of butter, half pound of lard, two pounds of sugar. Now take eight eggs; separate the whites and yolks; beat the whites until stiff. Use one tablespoonful of salt, stir with stiffened whites in the creamed sugar, add the yolks, salt and raisins; stir all together until smooth. Mix all together, add flour with the sponge until so stiff that it can be handled. Then knead on the breadboard for half an hour. Set to rise. When light knead again and put in bread-pans. Let it rise again, put in oven that is not too hot and bake slowly for one hour and a half.

seed and a teaspoonful of paprika. Add a pint of vinegar and boil, stirring constantly, until the liquid is reduced one-half and is very thick. Remove the bag of celery seed, add a cup of vinegar, boil again for ten minutes and remove from the fire. When cold, bottle and seal.

### Berry Filling for Cake

One cup of granulated sugar. Berries (strawberries or red raspberries), washed and dried, one cupful. White of one egg. Mash the berries and beat all together twenty minutes by the clock with a wire egg-beater. Spread between layers of cake. It is very nice.

### Leopard Cake

Light part—One and a half cups of white sugar, half cup of butter, half cup of sweet milk, two and a half cups of flour, whites of four eggs, two teaspoonfuls of baking powder, lemon flavoring. Dark part—One cup of brown sugar, half cup of molasses, half cup of butter, half cup of sweet milk, yolks of four eggs, two and a half cups of flour, two teaspoonfuls of baking powder; flavor with spices. Mix the two batters very lightly together, as for a marbled cake.

### Peanut Butter.

Shell and skin freshly-roasted peanuts and grind to a powder. To a cup of this powder allow a half cup of butter and work to a smooth paste. This is a very large quantity. It can be packed down in a jar and kept for days in the ice chest.

### Graham Bread.

Mix well together a quart of graham flour, a teaspoonful of salt and two teaspoonfuls of baking powder. Work in a half-teacupful of molasses

## Types of American Summer Girls



THE GOLF GIRL

Drawn especially for this newspaper by the noted illustrator, Malcolm Straus

(New Orleans), and enough milk or water to make a stiff batter. Bake in a slow oven for an hour.

### Canned Tomatoes

Pour boiling water over tomatoes, and slip from them the loosened skin. When this has been done drain off the liquid, lay your tomatoes in a preserving kettle and heat them to a boil. When this point is reached take them from the fire, rub them

through a colander and return them to the kettle. Boil for ten minutes, drain off what juice you do not want and put the tomatoes, boiling hot, into self-sealing jars. Fill to overflowing with the boiling juice and seal at once.

### Salted Corn

Boil the corn on the cob until the milk ceases to flow when the grain is pricked. With a sharp knife cut off

the corn and pack in a stone jar with alternate layers of salt. Have each layer of corn two inches deep, then put on that a layer of salt half an inch thick. Let the top layer be of salt laid on twice as deep as the lower strata. Press smooth and pour carefully over all melted, but not really hot, lard. Cut a round of paraffine paper the size of the mouth of the jar, and press on the lard. Keep in a cool place. Of course this corn must be soaked all night before using.

## FOR THE MOTHERS

By Marion Harland

**I** SEND directions for baby booties requested. Having obtained much desirable information through your valuable columns, I still want more, and hope you will favor me by answering some time in the paper. Being very much interested in fancy work and all kinds of needlework, I would like to know where I can go to study same, and if there is such a place in Minneapolis or St. Paul where it is taught as a specialty, so I might spend as little time as possible there while learning—my means are limited. I would also like to know how long a little girl's dress of one year old should be. Hoping you will favor me by answering, especially question on teaching of all kinds of fancy work. MRS. O. A. J.

The query respecting a school where fancy work is taught I must, perforce, refer to those more familiar with the cities named by our correspondent than I am. I hold her address and I shall be happy to show our appreciation of her kindness in sending the directions for the booties by transmitting to her any address or information entrusted to me.

A baby of one year old should wear her frocks down to the ankles. Not longer, lest she should tread upon them in her trial steps, and not shorter, for fear she may take cold.

Baby's booties of silk or wool—Ch. 15, set needle into second stitch and A. C. in each st. of ch.—ch 1, turn, set needle in back half of st., 6 s. in each st., ch. 1, and repeat from ch. 1 across twenty times. Last time down ch. 7, set needle into second st., single crochet back, and you will have twenty-three stitches; ch. 1, turn, s. c. down and chain 2; turn, set needle in second stitch, s. c. back, and you will have twenty-six stitches; ch. 1, turn, s. c. back twenty-five st.; turn, set needle in second st., crochet back, and there are twenty-seven stitches; ch. 1, turn, s. c. down to point, ch. 1, turn, s. c. back twenty-seven st.; ch. 1, turn, s. c. down twenty-five st.; ch. 1, turn, s. c. back twenty-five st.; ch. 1, turn, s. c. down twenty-three st.; ch. 1, turn, s. c. back twenty-three st.; ch. 1, put two edges together and slip stitch down seventeen st., which joins them together; set needle to next st., s. c. in each st. around foot, after passing first point; increase by going twice in same st.; increase between each point and twice on toe. Crochet plain along sides and heel. Second row, same as preceding, only increase three times directly on toe and each side of toe. Third row: The next five rows are s. c. in each st., without any increase. Eighth row: S. c. along side, and around toe you decrease eight times; at heel decrease twice. Ninth row: s. c. along sides, and decrease three times at toe; once at heel. Tenth row: Same as preceding row. Twelfth row: S. c. in each st. Last row, crochet together.

Scallop for top of booties—First row: Draw thread in s. c. four times in second st.; match down in second st. with s. c.; repeat, and you will have eight shells around top. Second row: S. c. in centre of shell four times and catch down between with s. c. Third row: \*ch. 2, s. c. in centre of shell; ch. 2, s. c. back in first st. of ch. 2, s. c. in centre of shell; ch. 2, s. c. between shells, ch. 2, s. c. between shells, ch. 2, s. c. up other side of shell; ch. 2, s. c. and repeat from \*. For tie, make cord or take ribbon—draw it in bootie around ankle and toe, with bow in front. O. A. C.

### Milk for the Baby.

**A**ND still the debate upon the merits and demerits of condensed milk goes on! From a mass of matter pertaining to the subject I select a letter that voices the sentiment of many other mothers.

One of the minority writes that her little girl, 8 months old, "was thrown into convulsions whenever the mother tried to feed her upon condensed milk."

I have read a good deal on feeding babies, and a good deal against condensed milk.

As we have been so unfortunate as to be compelled to bring up all our babies on the bottle (seven in all), I know whereof I speak. We have tried nearly everything, and we have used only condensed milk. We have used what we have ever tried. But the best and there is only one best milk must be used. We have found it is best to buy of large dealers, who get their supplies often. Our last baby, not more than nine months old, and has always been well. He can stand by taking hold of one's fingers with one hand. He has really never had anything but condensed milk. One of our other children died from indigestion, partly fed on the milk and partly on a "baby food" prescribed by a doctor. All of our other children have been strong and healthy. Do not discourage mothers living in the city from using good condensed milk for their little ones.

It is far better than cow's milk bought in the city.

It is no "snarl" bringing up little ones on a bottle, and no good mother is ever so happy as when she can nurse her baby. The dishes used for baby's milk must never be used for anything else; bottles, nipples and dishes must be kept very clean and sweet (do not use tubes). Never use anything but the second time without cleansing it. Always use water that has been boiled to mix with milk, and don't give baby anything to eat except the milk. Don't be afraid of his starving. Mix and feed according to directions on can. Use a little common sense and judgment, and there will be no trouble. MRS. H. C. P. (Ohio).

### Leave Artificial Foods Alone.

**I** WRITE for some information in regard to condensed milk. My baby is now three months old. He seems to be very well, grows a little, but does not fatten. The bowels are too loose, I think. Does condensed milk have that tendency? The food seems to digest on some days, and on some it does not. The baby sleeps well and cries only when he is hungry. He will not feed entirely satisfied with the milk. Would I run any risk in changing to some other diet for a few days, and, if there is no improvement, put him back on the condensed milk? I have all kinds of cows, and have a fine herd from Jersey, Durham or a common cow. I have also a large number of goats. This is the first baby in our family for fifteen years, and our anxiety is my excuse for coming to you for advice. Some advise me to use an artificial food or malted milk, instead of cow's milk. If I use cow's milk, what proportion of water is best? M. N. T.

As an old-fashioned mother, who has had six healthy babies of her own and has plotted as many grandchildren through the rapids of infancy to the firm ground of boyhood and girlhood, let me advise you to leave artificial foods for the mothers who cannot get cow's or goat's milk for their children. Try sterilizing either cow's or goat's milk for your three-month-old. Get a good sterilizer and follow the directions implicitly. The milk must not boil, but be warmed gradually almost to the scalding point and held there for forty minutes. The mouth of the jars in which it is heated should be covered with raw cotton to exclude dust and disease germs. At the end of the forty minutes remove from the fire the vessel of hot water, in which the jars were set when the water was cold, and let them stand in it (always covered with the cotton) until cold. Then set in the cellar, still cotton-covered, or upon the ice, until needed. Sterilize each morning enough for the day. In using it for your young child, add enough boiling water to make the cold milk blood warm, and sweeten very slightly.

### Revive the Use of Nightcaps.

**I**F THE little girl with so many snarls in her hair will wear a nightcap of fine material, or one of the large, coarse, old-fashioned hair pets, I think she will have much less trouble. I cannot stop without a word about the little people who make so much work and pay so well for all of it. I think my little boys are so sweet! The baby is just taking his first steps.

Nightcaps for big and little people went out of fashion so long ago that the mothers of this generation of babies cannot recollect them. The suggestion above given is timely and pertinent. A mother told me the other day that she must cut the small daughter's curls "as a moral necessity." The child's temper is in danger of ruin because of the long-drawn-out agony of coming in the morning. The pressure of the warm, restless head works the curls into a mat during her sleep, and the wind tangles them by day, until the little creature fairly hates what is her chief beauty to the eye of the fond father, who never has to comb or brush her tossing-mane while she winces and frets and cries out under the infliction.

A neat lace cap, or, as "E." says, a thin net, would save nurse, mother and baby discomfort, time and pain.

The Corner congratulates the proud mother upon the "sweet boys" and the toddling baby. These are treasures wealth cannot buy or poverty deprecate.

## "DIVINELY" TALL AND SHORTER HEROINES

**M**OST of the heroines of fiction—and of history—have been diminutive. For one, Helen, "daughter of the gods, divinely tall," there are dozens or shorter heroines.

When Orlando was asked what height Rosalind was, he answered: "As high as my heart."

But you cannot persuade the sensitive short one that her lack of inches is rather attractive than otherwise, and she is often heard lamenting her own powerlessness of helping herself to another measure of height.

It is quite possible to become taller by practicing various simple gymnastic exercises. Remember, however, that Rome was not built in a day, and that you cannot hope to become perceptibly taller unless you practice regularly and systematically.

Do not get discouraged even if you see no results after weeks of endeavor. A persistent, systematic effort is sure to be crowned with success.

Before proceeding with the practice be sure that you are standing in the correct position.

Raise the chest as high as possible. Thrust the hips back and raise the head, keeping the chin from protruding. Place the heels together and let all the weight of the body rest not on the heels, but on the ball of the foot.

A good stretching exercise may be practiced in this way: Take the correct position, stretch the arms in a straight line above the head, and bend sideways from the hips as far as possible. Do this on each side some dozen times a day.

Another exercise and one that will

work wonders in a short time is quite as simple.

Take the correct position, with the hands hanging at the sides and raise them slowly above the head so that they describe a semi-circle; when the arms are above the head stretch upward as far as possible and bring the arms slowly down again to the sides.

When you have practiced these exercises for some time, you might try more complicated ones.

Take the correct position with the heels together, and the arms above the head, the palms turned toward each other.

Bend forward without bending the knees and touch the toes if possible. Then slowly straighten the body and stretch back as far as you can, keeping the arms still stretched upward and the knees still unbent.

You may not be able to do this at first, but a little practice will soon put you on the right track.

The back muscles profit by this exercise.

Another effective exercise is as follows: Advance the right foot eighteen inches or so to the right oblique.

Make a half turn to the right, at the same time swinging the hands to a vertical position above the head.

Swing them around from right to left and bring them to a corresponding position above the head on the left side, touching the toes with the hands during the swing.

Keep the knees well braced up during the swing.

Practice this exercise some half a dozen times, but on no account the yourself. This is a very good exercise for making the body supple.