

THE HOUSEHOLD.

MAKE HOUSEWORK EASY AND SAVE TIME.

Why should we be so hurried? Is it because we are housekeepers instead of home-makers? There is a vast difference between the two. The latter is undoubtedly 'a comfortable sort of woman to live with,' and retains the love of husband and children through all the vicissitudes of life; while the former too often makes all beneath the roof-tree uncomfortable through being so wedded to her work. Said a hard-working mechanic as he came home the other night tired, yet wishing to spend a few minutes with his family before retiring, 'I wish there was one place in the house that was not too good for me,' and he looked impatiently at a roomy, comfortable lounge in one corner of the cosy sitting room. 'I bought that for comfort, but you wished to save the covering and decked it out with so fine a spread that you will not allow it to be used, and now that you have made, at my request, a washable one, you are still afraid to have me lie on it lest I wrinkle it or slide it out of place,' and he stamped angrily off to bed.

This is no plea for untidiness or slipshod housekeeping, but let us place the home first. If women kept house with reference solely to its importance as a factor in home-making, housework would be much easier than it is now. There would be time then for broadening one's mental horizon by the occasional reading of a new book or listening to a fine lecture; time for teaching the little ones a year or two at home that they may not so soon lose the bloom of childhood's innocence, and time to oftener respond to the call for help in works for uplifting and benefiting humanity.

Is this not worth thinking about? We have all the time there is. For the sake of loved ones let us use it wisely.

We do much unnecessary work. There is little need of wiping dishes. Wipe the silver, but drain the glass and earthenware after rolling it in hot water. Black the range once a week and for the rest of the time use a cloth dampened with kerosene or a bit of sandpaper on it as needed. Wipe the kitchen floor each morning with a mop wrung from clean water. It is nearly as easy as sweeping and you will find less dusting to be done. Do not boil clothes unless it is an actual necessity. Take from the line when dry, fold smoothly and lay in a drawer by themselves all those in ordinary use. Sheets, pillow cases, towels, work aprons and the like do very well without ironing. Those which are to be laid away for any length of time should hang on the line until after the dew has fallen—to save sprinkling—when they may be folded and rolled for ironing in the morning. Make everyday clothes plainly, buying ready-made underwear when you can get that which is satisfactory.

In cooking avoid all recipes which call for an hour of precious time in making. Live simply; by so doing mind and body will have time for needed rest. If you are at all popular in your own locality, people may be too neighborly, calling at all hours, making the housework lag and frittering away time. Try having one day in the week your reception day, letting it be known that you prefer not to see callers on other days. With a little tact, and by getting your special friends, those who understand you and your motives to observe this day, this may be accomplished even in a country neighborhood. Have system in doing your work, but let it be a system adapted to your circumstances, not to those of your neighbor. She may wash on Monday, while you find Saturday a more convenient day because the children are at home to help.

Let each child, who is old enough to do so, have its daily task. It might be a light one, but it is just so much less for you, who, after all, have only one pair of hands to do with.

These are only a few ways in which you may lighten housework; others will occur to you as you think. Your home should be 'your castle,' let no one outside meddle with you in your way of doing work. Be independent, save all the time you can, then read or study, play with the children or sing the old songs with John as best pleases you. In short, make the most of

yourself and of home for the sake of the loved ones who dwell there.—*Mary Olds Lakin, in the Voice.*

'GOOD MORNING! HAVE YOU USED'—KEROSENE?

Anything that will lighten that most severe of woman's work—washing clothes—should be widely known and used. According to a writer in the *Household*, kerosene will not only enlighten the parlor, but will lighten the work of the laundry.

At a friend's house, I noticed that the washing was out and drying at a remarkably early hour, and, upon inquiry, learned that it was not because of early rising, but because she used kerosene.

'I will tell you what we do to lighten and hasten our work,' she said. 'If you prefer you can put your clothes into cold water the night before, or simply dip them into water in the morning, but they must be wet in cold water before they are put into the boiler.'

'Fill the boiler about two-thirds full of water, and shave into it one small bar of any good soap, adding, after the water is boiling, four tablespoons of kerosene. Mix thoroughly; that is the secret in the use of kerosene.'

'The clothes, which have been soaking in cold water, are then wrung out and put into the boiler to boil for fifteen or twenty minutes, having removed previously about two-thirds of a pailful of water; this is to add to each boilerful later.'

'Begin with the cleanest clothes, and, when well scalded, rinse and blue them. You will find that but a few things require even a slight rubbing, but that the mixture has done its work.'

When I told my housemaid about the kerosene, she said it made the clothes look dingy.

'How did you use it?' I asked. 'I cut up my soap, put in my clothes, and then poured the oil in.'

The next Monday, I asked her to try our neighbor's method, and she was so well pleased with the result that she will not go back to the old way.

The whole secret lies in perfectly mixing the soap, oil, and water, and in washing the soiled clothes in cold water before putting them into the hot water.

To prevent flannels from shrinking, dissolve the soap, making a good, strong suds, and let it stand until perfectly cold. Into this put the flannels, washing, sudsing, and rinsing in cold water. If you will follow these directions, you will not be troubled with hick or shrunken flannels.

A FEW CONVENIENCES.

We seldom get the home nests arranged so entirely to our minds that somebody's suggestion does not give us a new idea, and we straightway set about working more or less of a revolution in some nook or corner, wondering the while that we had not thought to make the change unaided long ago.

If we are building new, no matter how many good authorities we may have consulted, no matter how many hours have been spent in careful planning, when all is finished we are sure to discover something which we should have 'just a little different if we were building again.' Some room that we should have had a trifle larger, some corner where we might have had a closet, some space that would have been much improved by another window.

We recently examined a new home just completed, and several conveniences, especially those in the model kitchen, are well worth mentioning. There was everything to make it as cosy and convenient as possible. Not a thing was wanting to make it complete.

NEW IDEAS FOR THE SINK.—There was the regulation closet under the sink; but it was built some four inches shallower than the width of the sink, to allow one to stand in a more comfortable position when at work.

There were several further advantages in the construction of the sink. For one thing, it was made to stand several inches higher than is usual, allowing a position more nearly upright when at work, and consequently enhancing both comfort and convenience. It was noticed that although there seemed to be quite a row of closets underneath, the sink itself was only about

twenty-four inches long by twenty inches wide. At first, though, it seemed much too small, but then it was quite large enough to hold a good-sized dishpan, and that was really all that was necessary; for immediately to the left of it, occupying a portion of the remaining space over the closets, was what seemed like another sink.

It was just what it seemed, except that it was zinc-lined and was provided with a chain and plug like a bath tub. It was oblong in shape, twelve by twenty inches on the inside, and into this the dishes were put as soon as they were washed. They were rinsed by turning the spigot of the hot water faucet just above.

Immediately after rinsing, the plug which was in one corner, where the bottom of the dish receptacle was somewhat lower than at other points was removed and the dishes were dried with less than half the labor expended on them when they are rinsed in a pan where the water has no chance to run off. Beyond this was a stout shelf on which to place the dishes when dry, and which could be let down out of the way when not in use.

THE LAMP CUPBOARD.—There was one cupboard expressly planned to hold the lamps, and under it was a drawer for wicks, extra burners, chimneys and the shears and cloths for cleaning. The shelf usually intended for the lamps might then be used for something else and shut up; as they were away from flies in summer and dust at all times, it was really a labor-saving contrivance as well as a convenience.

A VENTILATED PANTRY CUPBOARD.—One cupboard in the pantry was provided with a wire-screen door. This allowed the free circulation of air, and at the same kept the food secure from the flies. This is found especially convenient in the fall, when it is no longer necessary to use the refrigerator, but at a time when flies are most troublesome.—*Ladies' Journal.*

BEDROOMS IN COLD WEATHER.

In the hot season we keep our houses well ventilated to make them cooler, and now as the cold season approaches there is danger that we will shut up doors and windows to save the loss of heat and keep ourselves warm. While we must keep warm to be comfortable we must not forget that, above all, it is filthy to live in a foul atmosphere. We do not bathe again and again in the same water, or enjoy eating or drinking from unwashed dishes. Why be fastidious about such matters during the day, and careless at night about our bedrooms? The seeds of disease are floating in impure air, and find ready access to our bodies. When in sleep the organs are less able to resist the noxious influences. When in earlier times the more careless manner of building houses let the air freely into the rooms around the loosely fitting window-frames, and the wide open fireplaces readily drew out the fouled air, the inmates of the dwellings were more uncomfortable, but they were cleaner.

SHADES AND FURNITURE.—Linen shades to exclude or mitigate the light at the windows are all that is allowable in a bedroom. Bedsteads are usually made of wood. Metal is no doubt preferable and not much more costly. A wrought-iron or brass bedstead properly constructed, that is, of light weight, mounted on castors so as to be easily moved and readily cleaned, meets every demand. Especially should we seek one readily moved if we would have it and its surroundings properly cared for by servants. No articles of whatever kind should be kept under the bed. To prevent this, dispense with 'valances' and tuck in the bed-clothes. Curtains about the bed are simply filters, sure to catch and retain the impurities as the air from the lungs passes through them.

THE MATTRESS.—The mattress should be made of elastic material, not giving way too freely to the weight of the body. Horsehair furnishes the best material. A well-made hair mattress, resting on a woven wire spring mattress, leaves nothing to be desired hygienically. Hair pillows are preferable to feather pillows where we desire to prevent heating the head. Linen is the better material for sheets and pillow-cases, especially for the young. Woolen sheets may be more desirable for the old and those very thin blooded, having

less power of absorption than cotton. Blankets should be all wool and of the best quality attainable, as in this way we obtain a maximum of warmth and a minimum of weight. For the same reasons cotton counterpanes are not desirable. In very cold weather a downy cover is light and warm and desirable for the old.

AIRING THE BED AND ROOM DURING THE DAY.—Beds should be aired daily and carefully. Remove every covering and double over the mattress so that the air can have free access for one hour at least, otherwise the effluvia thrown off by the body during the night cannot properly be removed. Of course at such times the fresh air should have free access to the rooms. In this connection it may be well to remember that it is always unwise for any one to sleep in the same room with a person suffering from disease, especially from disease of the throat, lungs, or mouth. Physicians who have made especial study of these diseases consider them directly contagious by what is thrown off from the affected surfaces. For sanitary reasons it would also seem better to adopt the European custom of separate beds and separate rooms for each individual. Care should be exercised that the walls of the bedrooms be so fashioned that they can be easily cleaned. Hard-finished walls and ceiling, plain or simply painted in oil, best meet this requirement.

Finally, leave the windows wide open in bedrooms during the day and wide enough open at night to give plenty of pure air, guarded from unnecessary draughts.—*Journal of Hygiene.*

A HOME HOLIDAY.

That each woman, as each man, needs rest in the busy year we are positive but it does not necessarily follow that that rest can only be secured away from home. Some of the most successful holidays, so far as rest and renewed strength are concerned, that we have ever known have been spent largely in a hammock on one's own piazza, with plenty of books, a little light fancy work, and absolute mental relaxation as tonics and sedatives. We have in thought a little white-ribboner who often enjoys a home vacation. She arranges religiously to have all heavy work out of the way before the month set aside for her vacation. The family is duly notified that, during that month, it is to picnic. Food of the simplest is prepared, and eaten so far as possible out of doors; not a bit of unnecessary work is done and sewing is relegated to the dim future. Company is not invited, or if self-invited, is informed that the mistress of the house is on a vacation, which is strictly true. At the end of her month or six weeks our friend comes forth far more refreshed than does the average vacationer who has roamed in some hot, stuffy room, or travelled weary miles on dusty trains.—*Union Signal.*

RECIPES.

(From Miss Parlow's New Cook Book.)

GEMS.—One pint of flour, one of milk, an egg, half a teaspoonful of salt. Beat the egg until light, add the milk and salt to it, and beat gradually, into the flour. Bake twenty minutes in hot gem pans. A dozen cakes can be made with the quantities given.

HOMINY DROP CAKES.—One pint of fresh boiled hominy (or cold hominy may be used—if the latter, break into grains as lightly as possible with a fork, and heat in a farina kettle without adding water), one tablespoonful of water, two eggs, whites and yolks beaten separately. Stir the yolks into the hominy first, then the whites, and a teaspoonful of salt, if the hominy has not been salted in cooking; or, if it has, use half a teaspoonful. Drop, in tablespoonfuls, on well-buttered tin sheets, and bake to a good brown in a quick oven.

BLANC-MANGE MADE WITH GELATINE.—One package of gelatine, three pints of milk, four tablespoonfuls of sugar, half a teaspoonful of salt, one teaspoonful of extract of vanilla or of lemon. Put the gelatine with the milk and let it stand in a cold place for two hours; then put it in the double boiler, and heat quickly. Do not let it boil. Stir often; and as soon as the gelatine is melted, take off, and add the sugar, salt, and flavor. Strain, and partially cool, before putting into the molds. It should stand six hours before serving, and it is even better, especially in summer, to make it the day before using.

SCOTCH BROTH.—Two pounds of the scraggy part of a neck of mutton. Cut the meat from the bones, and cut off all the fat. Then cut meat into small pieces and put into soup pot with one large slice of turnip, two of carrot, one onion, and a stalk of celery, all cut fine, half a cup of barley and three pints of cold water. Simmer gently two hours. On to the bones put one pint of water, simmer two hours, and strain upon the soup. Cook a tablespoonful of flour and one of butter together until perfectly smooth; stir into soup, and add a teaspoonful of chopped parsley. Season with salt and pepper.