

## Woman and the Home

### Home Storage of Eggs

By Edwin C. Powell

While cold storage is the best method for keeping eggs in a commercial way, there is a simple method by which the city housekeeper can hold eggs for several months. I have tried it for two years. The first year I bought a case of thirty dozen eggs in May, when they were the cheapest. At the same time I obtained an empty sixty-pound butter tub and a quart of water glass (silicate of soda). The eggs, plus water glass and butter tub, cost fifteen cents per dozen. The tub was cleaned and scalded, then placed in a cool, dark corner of the cellar, and the eggs were put in it, standing them on end with the smaller end downward. The tub held exactly twenty dozen. After they were all in, the quart of water glass was poured into a pail containing ten quarts of water, with which it readily mixed, and this solution was poured over the eggs, covering them completely. The cover was put on the tub and the eggs allowed to stand until wanted for use. They were inspected occasionally and a little water added to replace that lost by evaporation. The balance of the eggs were used fresh. We began using the eggs in the fall and most of them were utilized for cooking purposes. Occasionally some were cooked and eaten in order to test their quality in comparison with fresh eggs. The last ones were used in February, over nine months from the time they were laid down. Only one egg of the twenty dozen spoiled, and that was undoubtedly due to the fact that it was not good when it was put down. Every one of the rest came out in good shape. The whites were a trifle thinner than those of fresh eggs, yet there was no difficulty in beating them, which is the supreme test of all preserved eggs. For cooking purposes they were superior to cold storage stock, and there was no taint or unnatural taste to them, and for eating purposes they were as good or better than the common run of store eggs, with an added advantage of a certainty of there being no poor ones. When fresh eggs were selling at forty to fifty cents a dozen, we found them a very acceptable substitute. The requisites for keeping eggs by this method are a wooden, porcelain or stone vessel, pure water (distilled water would be the better), fresh eggs and a cold, dark place to keep them.

### The Toughening Process

By Dr. A. P. Reed

Some very crude ideas have existed and still receive some credence in certain quarters relative to the process of "hardening the constitution," as it is called. Many people are not yet sufficiently cognizant of the fact that the "constitution" is never "hardened" by undue exposure to the summer's sun, the winter's wind, or the indulgence in strains or over-efforts. Ill-informed mothers sometimes dip their infants in cold water with this same fallacious idea of manufacturing hardness to order. It is a constantly weakening, enervating process, and when the babe succumbs to some acute malady for want of stamina to stand it, and is laid away under the "mysterious dispensation of Providence" theory, it ought to be thundered through the land that exposure does not toughen, while in letters as startling as those which Belshazzar saw on the wall of old should appear on the wall of every household the sentiment that Providence works no miracles to counteract human folly, and that nature's laws are inexorable, standing on the statute books of time, subject to no amendments at the hands of man.

The best way to harden the human constitution is to do it as we would harden the constitution of a horse, by taking good care of it, fostering its vitality, always remembering that the exposure idea doesn't show the human body the consideration and courtesy we show a hat or a garment, which are never made better but always worse by being banged about.

Good care, then, is the thing needed. This does not mean coddling and over-swathing, which are quite as bad as undue exposure. It means the happy medium in this, as in all things, and the avoidance of

getting cranky. Weakly children may be greatly strengthened by sun baths and anointings with oils. These two statements need qualification and explanation.

As to sun baths, it were well if every dwelling were so constructed that one room could be had for sun baths—a room on the sunniest side of the house, having a broadside of glass, and arranged so that a uniform temperature could be maintained. In this room both young and old could get much benefit by exposure of the whole body to the sun's rays, being careful at first to avoid sunburn. Nervous and weakly ones generally, would find the light, thus regularly and systematically plied, a fine nerve tonic.

Let nothing I have said be construed to mean that the little ones should be deprived of outdoor air and exercise even in the coolest seasons, my remarks being intended simply as a plea for protected exposure—an exposure stopping short of allowing a child to get actual suffering from the elements, which is enervating rather than toughening in its effects and always fraught with danger to innocent and helpless creatures to whom humanity owes its tenderest and most merciful care.

### Seeing Hearts

The father and the uncle of the wife were dining with the young couple.

"Well," complained the young wife, "I think when William comes home to dinner he ought to tell me the interesting things he has gone through each day.



New Year Dance

I have been shut up in the house all day, while he has been out meeting people and talking and having things happen. But often he scarcely says a word all through dinner. Don't you think I'm right?"

The older men said nothing. Perhaps they had heard something like it before.

"Of course you're right," said the young husband. "Now I'll tell you just what happened to me to-day. When I got to the office Miss Gray was sick and the mail hadn't been sorted or opened. While I was doing that and trying to locate another stenographer I got a telegram canceling that big Pittsburg order I told you about day before yesterday. Then Scott came in and said that we had been underbid for that Wheeling contract. Then I had to go see the lawyer about that Slocum suit he says we can't win, and then I—"

"Goodness," cried the wife, "I don't want to be bored with things like that! I want to hear about the bright people you met and what they said."

"Well," confessed the young husband, "I am afraid that the average business man's average day sounds more like the 'Lamentations' than the 'Song of Triumph.'"

The two older men walked home thoughtfully. "It's always like that," said the uncle. "If the husband told all the disagreeable experiences of the day he'd be called a bore, and he knows it. So he keeps quiet or cudgels his fagged

brain for a few happy incidents. It does not occur to the wife that his mind is too tired to work, and what he wants is to be entertained by her own pretty talk—the kind he liked before they were married."

"Yes," said her father, "besides, she defeats her own end when she demands entertainment. You know how empty your mind feels when some one says, 'Talk to me; I want to be entertained.' It is never by such demands that we get the real heart talks that we want. Heart responds to heart, and if a wife wants to see her husband's heart she mustn't forget to show her own."

### Let the Whistle Drive the Whine Away

Two little boys were out playing. They tripped over one another, as boys will, and fell. Neither was much hurt. But one began to whine. The other jumped up and said: "Never mind, Frankie! Don't whine any more; just whistle like this," and he struck up a tune in the liveliest manner.

Frankie tried several times to join in the whistling, but failed dismally. Then he said, "I can't make my lips pucker right," and he began to cry again.

"Oh that's because the whine ain't all out yet," explained Jimmy. "Just keep on tryin', Frankie; the whistle's bound to drive the whine away." He began to whistle again. "Come on, Frankie!"

And hand in hand the two ran down the road whistling as energetically as if they were being paid for it. There were tears on Frankie's cheeks, but his lips had at last found "the right pucker,"

Equally true is this of success in the home life. Most unsatisfactory, indeed, and discordant, is that home where the woman at the head of it is of indecisive, wavering, vacillating character. Ask her what she is going to do to-day and she replies, "Oh, I don't know. I haven't decided yet." Ask her if she will go for a drive at three o'clock and she says, "Oh, I don't know. I couldn't tell till after dinner." Ask her what train she's going to take for a proposed visit, and she'll tell you she doesn't know—yet. Perhaps she'll get the 11.30 and perhaps the 2.10. Possibly not till 5.08. Nice experience for the friend she's going to visit, isn't it? But we've all had that kind of a guest. "I'll get the 11.30 if I can get around," she writes, "but if not I'll come on the 2.10. If I miss that I'll come at 7.40 sure." We've driven to three trains in one day, got two special meals for her and had her put off coming until the next day!

Ask her to come over and spend the evening. "I'm sure I can't tell," she'll say, at ten o'clock in the morning. "I don't know for sure just what I'll do. But I'll tell you. If I can come I'll be there by quarter past eight and if I'm not there by that time don't wait for me." And we stay at home and wait for her until too late to make any other arrangements and she doesn't come after all.

The only way to do with such people is never to ask them again. They have no consideration for others, and no respect for their own judgment.

Children are annoyed to the point of irritation and exasperated to anger by the indecision of their mothers.

"Mother, may I go over to Jennie Brown's this afternoon? She wants me."

"Oh, I don't know. Don't begin at eight o'clock in the morning to ask me what you can do this afternoon."

"But, mother, I want to know. I want to tell Jennie. She's waiting."

"Tell her I'll see when afternoon comes."

"But, mother—" the child begins to whimper, already excited, fearful, anxious.

"Now, don't begin to cry. If you cry you can't go anyway."

"Well mother, can I go if I'm good? I'll be good if I can go."

"Be good anyway. And stop teasing. Maybe you can go and maybe you can't. Maybe I'll go over to Aunt Lucy's and if I do you'll go with me."

"But I don't want to go to Aunt Lucy's, mother. I want to go to Jennie's. She's got a new doll buggy. Can't I go to Jenny's anyway?"

"I tell you I don't know. Now you stop teasing and run away or I'll say, 'no, you can't.'"

Fearful lest her mother's vacillating mind should take a sudden negative decision the child turns away, depressed, perhaps sullen, unable to make her own decision, and with the example of a most deplorable habit before her.

### Practice Parties for the Children

One of the wisest women I ever knew, although I didn't realize it then, was a young mother who used to have state dinner parties for the children of her own family, regularly once a month.

At the time, I thought Mrs. B. a very foolish woman to take upon herself all this extra work and trouble when her daily life seemed already full to overflowing, and I told her so.

"Maybe I am foolish," she replied, "but I just won't have my children going out to other people's houses and staring at the pretty china and cut glass as though they had never seen such things; or using the wrong forks and spoons to their own embarrassment; or still worse taking a bath from the finger bowl as I see some children do! No, indeed, they shall have their experiences right here at home, and I think the comfort I get out of it in future years will make up to me fully for the extra effort it is costing me now."

And after all she is right. Example is stronger than precept, and although it costs us mothers extra time and trouble, it is the only way in rearing children, for preaching and practice, in order to accomplish anything, must go hand in hand.

### Decision—and Lack of It

One of the most deplorable traits of character which any person can possibly possess and one which brings upon both himself and everybody with whom he has any dealings whatever annoyance and exceeding discomfort; is a lack of decision, the inability to give a decided, definite answer.

No man can ever make a success in business life and not be able to make decisions. To decide quickly and definitely, to weigh carefully but swiftly, to trust one's own judgment and act upon it, are qualities which are absolutely necessary for success in business life.