

# WOMAN'S WORK AT HOME

## ALL ABOUT TENDING THE BABY--By Shirley Dare.

If you want your baby's eyes large and fine as possible, keep it in a dark room the first month of its life—in a room with green shades. Did you ever notice how large and liquid a baby's eyes are in their tranquil opening in its shaded corner, and how they retreat and shrink up when the light is admitted? That is the foundation of the miserable small eyes and peering sight which disfigure our people—that and the school books and the small print newspapers and monthly magazines. Impure air also ruins young eyes and dulls their color.

In nine cases out of ten a baby cries from cold, or the effects of cold, such as colic and various internal disturbances. Give a child pure air, good handling, and keep it warm, but lightly clad, and it will survive even a bringing up on patent baby food, if that must be. When it goes out, put the hot soap-stone, well wrapped, under the pillow on which it lies; put it near the emu's feet, as he rests, and he will sleep surprisingly. When old enough to be taken up, dress him warmly with long silk sleeves and bag-like stockings of fleece-lined silk up to the thigh—stockings he can kick about in, but cannot kick off, as they are tied to the most indispensable part of his furnishings—and you secure healthy skin and well knit muscle growth. Close stockings are quite enough to cramp and distort its feet and legs for life.

Whatever food is used, don't keep it in the stationary wash basin to cool, or in the dressing closet, or the bathroom, where the worst emanations will get to it, spite of covers and corks. The tiled armoire on the window sill can hide milk bottles, and we ought to have some highly ornamental development of the artistic icebox

for small new families, which would not ruffle a landlady's inner feelings in any position, or send a husband on sight to the club for refuge.

Feed the baby once in two hours by the clock in the beginning weeks, and lengthen intervals very gradually. Be upon honor about this, at ways giving a coffee-spoonful of filtered hot water as dessert. A baby ought to have filtered water for his bath, and have it much warmer than common. There can be no manner of doubt the cool bath or the tepid bath has sent many babies untimely to heaven. Anyhow, the child must have pure hot water to drink. It will stop a baby's crying, and soothe craving hunger when there is no proper food to be had, as on long railway journeys. It is a great regulator of small internal economies. But if the baby writhes and cries madly, and no pin is in evidence, and he is otherwise comfortable, and has been well fed, and isn't cramped with lying too long in one position, from which babies suffer agonies as they advance, then diagnose colic at once. Heat a flannel quickly, lay it on the abdomen, and turn the child over on its breast across your knees or against your own shoulder, holding the back of the head in the hollow of your palm.

To the papas and bachelor uncles, one parting injunction: Learn to hold a baby so you won't look ridiculous in the eyes of every woman who sees you, nor set the small voter howling. Take the baby with one broad hand under his drapery and the other clasping his spine and head in one dexterous, soft grasp carry him to your shoulder, and hold him lying full length against your military breast, the fuzzy top head just showing above your black serge. The change of position stretches his limbs and gives the little fellow

relief. Carry him gently about, but don't begin gymnastics with him for a few years yet. If you toss him about, the milk may spill out to the detriment of that new Spring suit. Hold him quietly and as if it agreed with you—don't lay him on his back—for he spends two-thirds of his life in that position and grows very tired of it. He will love and thank you for a change. Believe me, nothing looks more becoming in a man than gentle, knowing treatment of a baby, without blushes. And never do you walk with any woman and let her carry the baby, even if it is your own wife. There are things every spectator says or thinks at the sight which would wound you if you heard them.

To keep the baby's hair golden, which is the main point many mothers read this article for, feed it pure, unboiled milk, sterilized by standing covered in boiling water twenty minutes. This for the first year of its life, after which it may take fine oatmeal or wheat gruel, boiled gently three or four hours, and crisp, whole meal crackers, very carefully toasted brown in an oven. Wash the head with the best castle soap (white) daily the first year, after that wash it with a salt-spoonful of borax in a pint of hot water, rinsing well in warm water and drying quickly. Weekly anoint the hair with the yolk of a fresh egg, well rubbed in the scalp, and rinsed in warm water. Let the child run bare-headed in the sun of early morning and evening by the hour. Nothing is better for bleaching the hair, complexion or for growth than the early light from sunrise to 9 o'clock. Nor will the mid-day sun do anything but good to the locks, if the heat is not too great. Using peroxides and other bleaches on babies' hair is absurd and dangerous.

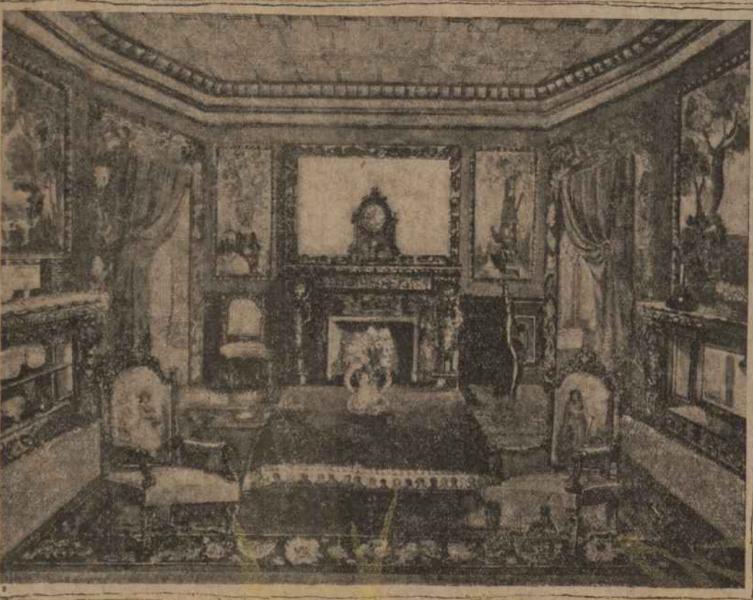


Miss Virginia Brush.  
Photo by Main, N. Y.

## WOMEN AS INTERIOR DECORATORS.

SOME of the best interior decorators in the country are women, and in many of the finest homes are found examples of their work. Among the foremost women decorators is Miss Virginia Brush, an example of whose work is presented in the accompanying design for a dining room. It is on the Renaissance order, and the color scheme is of bluish greens and russet browns. The walls are done in goblin tapestries of rare patterns in hunting scenes.

In order to tone with the colorings of the walls and portieres the rug had to be manufactured. It has a blue groundwork, with a relief border in browns in fruit patterns. The table cloth is of russet velvet embroidered in blue-green tones.



Dining Room Designed by Miss Brush

McCLIFTON

## HOW TO COOK MUSHROOMS--By Jule De Ryther.

If the comb underneath a fresh mushroom is of a pinkish brown the mushroom is young. If the comb is black the mushroom is old and tough. Always buy young mushrooms—they are more delicate in flavor and are better in every way.

The best mushrooms in the world are picked in sheep pastures. They must be picked early in the morning when the dew is on them. Their combs then are a deep pink and they have not fully opened. An hour after sunrise they are not so good; two hours later they are useless.

To the true epicure there are but four ways of cooking mushrooms—broiling, roasting, frying them in sweet butter and stewing them in cream.

In preparing fresh mushrooms for cooking wash them as little as possible, as washing robs them of their delicate flavor. Always bear in mind that the more simply mushrooms are cooked the better they are. Like all delicately flavored foods, they are spoiled by the addition of strongly flavored condiments.

**BROILED MUSHROOMS.**—Select fine, large flat mushrooms, and be sure that they are fresh. If they are dusty just dip them in cold salt water. Then lay them on cheese cloth and let them drain thoroughly. When they are dry cut off the stem quite close to the comb. Or, what is better, carefully break off the stem. Do not throw away the stems. Save them for stewing, for soup or for mushroom sauce. Having cut or broken off the stems, take a sharp silver knife and skin the mushrooms, commencing at the edge and finishing at the top. Put them on a gridiron that has been well rubbed with sweet butter. Lay the mushrooms on the broiling iron with the combs upward. Put a small quantity of butter, a little salt and pepper in the centre of each comb from where the stem has been removed, and let the mushroom remain over the

fire till the butter melts. Then serve them on thin slices of buttered and well browned toast, which should be cut round or diamond shape.

Serve the mushrooms just as quickly as possible after they are broiled, as they must be eaten when hot. So nourishing are broiled mushrooms that with a light salad they form a sufficient luncheon for any one. Six good-sized mushrooms have more nutriment than a pound of beef.

**FRESH MUSHROOMS BAKED.**—The following is Juliet Carson's recipe for baked mushrooms, and it is an excellent one:

Carefully cleanse the mushrooms as in the directions for broiling. Cut as many slices of bread as there are mushroom caps, trimming off the crusts and having each slice about two inches square. Lay the slices of bread in a baking pan and spread each slice with butter. Sprinkle each slice with a little salt and pepper. Next put on each slice of bread one or two mushrooms—just enough to cover the bread. Put the pan in a hot oven for five minutes. Then draw the pan to the front of the oven and season the mushrooms with salt and pepper and put a piece of butter as large as a hazel nut in each mushroom cap. Return the pan to the oven and finish baking the mushrooms, which are done as soon as tender. Serve them on the bread on a very hot platter.

**STEWED MUSHROOMS.**—Stewed mushrooms after the following recipe make one of the most delicious of breakfast dishes: It is not necessary to use large mushrooms for stewing—small button ones will do. Take the mushrooms left in the basket after having selected those for broiling, and also use the stems cut from the mushrooms prepared for broiling. After cleaning and skinning them put them in cold water with a little vinegar, and let them stand half an hour. If you have a quart of mushrooms, put a table-spoonful of nice fresh butter in a stew pan and stand it on the stove. When the butter begins to bubble drop the mushrooms in the pan, and after they have cooked a minute season them well with salt and black pepper. Now take hold of the handle of the stew pan and, while the mushrooms are gently and slowly cooking, shake the pan almost constantly to keep the butter from getting brown and the mushrooms from sticking. After they have cooked eight minutes pour in enough rich, sweet cream to cover the mushrooms to the depth of a half an inch, and let them cook about eight or ten minutes longer. Serve them in a very hot vegetable dish. Do not thicken the cream with flour or with anything. Just cook them in this simple way. You will find them perfect.

**FRIED MUSHROOMS.**—Clean and prepare the mushrooms as for broiling. Put some sweet, unsalted butter in a frying pan—enough to swim the mushrooms in. Stand the frying pan on a quick fire, and when the butter is at boiling heat carefully drop the mushrooms in and let them fry three minutes, and serve them on thin slices of buttered toast.

Serve a sauce of lemon juice, a little melted butter, salt and red pepper with fried mushrooms.