



# The Home Department

Conducted by  
Helen Watts McKee

## A Flaw in the Title.

I lived a year in a wondrous isle  
Where, ankle-deep, 'mid blossoms  
rare,  
The sweet-eyed maidens, singing,  
stand,  
Combing their blue-black hair.  
One lovely year, in a lovely land—  
A year-long vision of sun and sea,  
Of song and of scent and glancing  
wing—  
All things that heavenliest be!

"And what didst thou bring away  
with thee—  
A gem, a flower, or a shining plume  
To mind thee of all that was left be-  
hind,  
And to brighten the Northern  
gloom?"  
Nothing. I left them all untouched,  
Unplucked, in the realm of sun and  
song;  
For I said, as we stood away from the  
shore,  
"I shall come again, ere long."

But I never have sought its shores  
again—  
Strong are the bonds that hold me  
back;  
And never again shall my sad eyes see  
That loveliest land—alack!  
O, for one of its trampled flowers!  
O, for the roughest shell from its  
shore!  
For the meanest thing from that sun-  
kissed isle,  
Where I lived and loved of yore.

I was so sure that it all was mine,  
That I dared to leave it a little  
space;  
So proudly sure, that I left the isle  
With a glad and tearless face.  
Heart, when the title to all was ours,  
What was a gem, or flower, to us!  
And so we wander, alone, afar—  
Naked, and hungry—thus!

Nothing we saved or thought to fetch  
From that country whose title was  
heart's delight;  
How can we prove we were ever  
there?  
We two are so poor, tonight!  
We've not a leaf, nor a shell, nor a  
stone  
To keep as a token—to clasp, or  
kiss;  
Who would believe we were once so  
rich—  
We, who have fallen so low as this!

But a king is a king, though the  
crown is lost;  
And we know by this pain that is  
bitter sweet,  
We are ousted heirs of that lovely  
land—  
Forbidden now to our feet.  
—Howard Glyddon.

## Home Chats.

I suppose you have all read of the  
appalling calamity which has befallen  
our sister city, Chicago, in the destruc-  
tion of her new theatre by fire, and  
the frightful sacrifice of human life  
resulting therefrom. The details are  
so sickening, and the fact that hun-  
dreds of human bodies were trampled  
to shreds in the mad rush for escape  
is so heart-rending, that one cannot  
contemplate the picture, even in the  
mind, without agonized shuddering.  
The terrible results are far-reaching,  
for many homes outside of the mourn-  
ing city are plunged in deepest grief  
because of one or more lives gone out  
forever. In a case so horrible, one  
can but sympathize with the stricken

ones, and pray the Father to comfort  
them as only His love may do. The  
wave of horror touches every home.

O O

Are you thinking of the flowers,  
these wintry days? It is time to plan,  
and to get ready for the work before  
you. Not alone must we consider the  
plants in the window, but if we want  
early blossoms in the garden, seeds  
must be sown indoors and carefully  
nurtured to be ready against the time  
of outdoor work. Do not try to do too  
much. Better one well grown plant  
than a garden full of failure and  
neglect. The catalogues are now com-  
ing in, and the long evenings around  
the lamp give you leisure to look them  
over and to make your choice. If you  
are a busy, hurried home-mother, do  
not start your plants too early, for  
they will need much care, and if neg-  
lected, will grow up weak and spin-  
dling—like little invalids, and the  
sight of the sickly little things will  
be a constant reproach to you. But  
there are many seeds that must be  
ordered now, that you may be ready  
with them in season.

O O

The sewing room should be a busy  
place, now, as so many things may  
be made up "before the rush," be sure  
that you have everything in readi-  
ness, for it is the "little delays" that  
steal the hours. See that the thread-  
box, needle-case and "findings" are at  
hand, that the scissors are sharpened,  
and the sewing machine in thorough  
repair. Do not spend too much nerv-  
ous energy on ruffles, tucks, shewing,  
trimmings, laces and embroideries.  
We all like pretty things and dainty  
clothing, but we should like health  
better, and remember that health is  
happiness, even with plain clothing  
and frugal fare, and the most effec-  
tive cosmetic and wrinkle-preventative  
is a healthy nervous system and a  
good digestion. Let us make daily  
and hourly sacrifice to the goddess of  
hygiene.

O O

Our real winter is now beginning,  
and we must guard against coughs and  
colds by proper diet and protective  
clothing. Look well after the little  
folks; see that they are properly  
dressed, and properly fed. This is  
half the battle, and drugs and doctor's  
visits cost more than good care. The  
body of every individual should be so  
protected as to maintain a mean tem-  
perature of 98 degrees Fahr. Flannel  
should be worn next the skin if possi-  
ble. But, whatever else is neglected,  
the feet and lower limbs should be  
well protected against cold and damp-  
ness. A good pair of woolen leggings  
for women and children will save  
much unnecessary suffering and  
should be worn whenever going out  
of doors. This subject is of such vast  
importance, and so universally over-  
looked by most of women, that I  
hardly know where to stop.

## The House Practical.

If your home is already furnished,  
and the servant girl problem is threaten-  
ing to destroy all your peace and  
happiness, go through your rooms one  
by one and remove every single ob-  
ject that has not some definite pur-  
pose in being where it is. The bare  
walls are far preferable to pictures  
that are perfect nightmares, or to pic-  
tures that, however beautiful they  
may be, show neglect to the most cas-  
ual glance. If you have courage to  
put away all the useless articles in

your home, unless your family is very  
large, the servant girl problem will  
no longer have any terrors for you;  
there will be no more than you, your-  
self, can care for. If the home is still  
unfurnished, make a complete list of  
every single article you think neces-  
sary for each room; this may take  
some days, for it is impossible to  
think at any one time of all the ar-  
ticles that go to furnish an American  
home of the present day. Put down  
the articles on the list as you happen  
to think of them, and, when the lists  
are quite complete, go over each room  
and cross off those that you know you  
can do without. Then, a week later,  
go over the list again, and cross over  
those you "rather think are not ab-  
solutely necessary," and then com-  
mence your shopping. Shop first of  
all, and then buy; it does not take  
long to buy the furniture when you  
know just what you want. After the  
day of shopping and marking of prices  
against each item on the list, go over  
your list a third time, and cross off  
such articles as can be bought later  
on, when there is plenty of time to  
hunt for just what is needed for the  
place in which it is to stand. Furni-  
ture is not for show, and the only ex-  
cuse for its being in the home is  
that it makes us more comfortable.—  
The Housekeeper.

## To Make Washing Easy.

In answer to several inquiries for  
an easy method of doing the washing,  
I give the following, recommended by  
those who have tried it:

Into a half gallon of soft hot water,  
slice half a bar of any good soap, let  
dissolve, and remove from the stove;  
let cool a little, and into it stir half  
a teacupful of gasoline; fill a tub two-  
thirds full of soft, hot (not boiling)  
water, and into this pour the gasoline  
mixture, stirring well. Into this tub  
of water, put "the cleanest and finest  
clothes, stir them about with the  
clothes stick, turning them over a few  
times, so that the water may come in  
contact with all soiled places; if not  
much soiled, no rubbing is required,  
but if any bad soiled spots show up,  
rub a little, using no additional soap;  
when they look quite clean, take  
them out through a wringer, into  
rinse water as hot as the hand will  
bear, rinse well, put them through  
the blue water, and hang on the line.  
On taking the finer clothes from the  
suds, put the next cleanest into the  
water and let soak while getting the  
others on the line. A pounding stick,  
such as our mothers used, can then  
be used, pounding the clothes for  
about five minutes, which forces the  
water through the clothes, and is  
much easier done than scrubbing and  
rubbing with the hands. No boiling  
is necessary, if the suds are kept hot.  
For the much soiled clothes, the suds  
should be reheated, more water, soap  
and gasoline in above proportions  
added, and the rest of the clothing  
taken through this in the same way.  
Gasoline should not be used about  
the stove, but should be added to the  
dissolved soap away from the fire.

For washing black sateens or dark  
colored calicoes, take wheat bran  
(two quarts to a dress), boil in soft  
water fifteen minutes, stirring all the  
time; let cool, strain, and use the  
water instead of soapsuds; it removes  
dirt like soap, keeps the color, and no  
starching is necessary. Suds and  
rinsing water for such goods should  
be used merely warm—not hot.

To wash woolens, dissolve a large  
tablespoonful of borax in a pint of

boiling water. Mix one quarter of it  
in the cold water in which greasy  
woolens are to be washed; put in one  
piece at a time, using soap if needed,  
and if necessary, add more borax  
water; wash and rinse in cool water;  
shake well and dry quickly.

## The Locomotive Engineer.

On the road, after a long night's  
travel, he is not an object of very  
handsome appearance; his face is be-  
grimmed with soot, his hands hard  
and dirty and his clothes black with  
soot and grease. Yet this man has  
stood with his hand on the throttle-  
lever of the engine, all the journey  
through, watching between you and  
death. Often, when the night has  
been black and boisterous with an-  
gry storms, or cold and shaken with  
wintry blizzards, you have lain down  
in your snug berths, listening to the  
clatter of the swift-moving wheels,  
with a sense of security, because you  
knew there was one standing in the  
cab, with sleepless eye, alert and  
vigilant against danger, gazing out  
along the shining steel tracks, con-  
scious of the hundreds of lives en-  
trusted to his care, and you had faith  
that he would not fail in his duty.

Yet, at the stations, while the train  
waits for passengers to take their  
meals, none of them think it worth  
while to speak a word of cheer to  
him; or to thank him for his faithful-  
ness. The conductor, the brakemen  
and the porters are brought more or  
less in contact with the passengers,  
and they are in general cleanly  
dressed; they get some acquaintance  
with each other, and often with the  
passengers, but the engine-driver  
stands apart—his only company the  
equally sooty, begrimmed, though  
less responsible fireman. And it is  
to him and his faithful performance  
of his work, that the hundreds trav-  
eling on his train owe their lives. So-  
ber, cool, careful, he has brought you  
to your journey's end, and while the  
travelers scatter to their homes or  
pass to other scenes, praising the rail-  
road companies for the comfort and  
safety afforded their traveling patrons,  
how very few give a thought to the

## DR. FED HIMSELF

### Found the Food that Saved His Life

A good old family physician with a  
life time experience in saving people  
finally found himself sick unto death.

Medicines failed and—but let him  
tell his own story. "For the first time  
in my life of 61 years I am impelled to  
publicly testify to the value of a  
largely advertised article and I cer-  
tainly would not pen these lines ex-  
cept that, what seems to me a direct  
act of Providence, saved my life and I  
am impressed that it is a bounden  
duty to make it known.

"For 3 years I kept failing with  
stomach and liver disorders until I  
was reduced 70 lbs. from my normal  
weight. When I got too low to treat  
myself, 3 of my associate physicians  
advised me to 'put my house in or-  
der' for I would be quickly going the  
way of all mankind. Just about that  
time I was put on a diet of Grape-  
Nuts predigested food. Curiously  
enough it quickly began to build me  
up, appetite returned and in 15 days  
I gained 6 lbs. That started my re-  
turn to health and really saved my  
life.

"A physician is naturally prejudiced  
against writing such a letter, but in  
this case I am willing to declare it  
from the housetops that the multiplied  
thousands who are now suffering as I  
did can find relief and health as easi-  
ly and promptly by Grape-Nuts. If  
they only knew what to do. Sincerely  
and Fraternal yours." Name of this  
prominent physician furnished by  
Postum Co., Battle Creek, Mich.

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