



The Home Department

Conducted by
Helen Watts McKay

The Other Side

We go our ways in life too much alone;

We hold ourselves too far from all our kind;

Too often are we deaf to sigh and moan—

Too often to the weak and helpless blind;

Too often, where distress and want abide,

We turn away and pass the other side.

The other side is trodden smooth, and worn

By footsteps passing idly all the day;

Where lie the bruised ones, and the faint and torn,

Is seldom more than an untrodden way.

Too oft our selfish hearts our footsteps guide,

And blindly lead us on the other side.

It should be ours the oil and wine to pour

Into the bleeding wounds of stricken ones;

To take the smitten, and the sick and sore,

And bear them where a stream of blessing runs.

Instead, we turn our eyes—the way is wide;

And calmly pass upon the other side!

We are so blind and deaf! Adown the years,

Humanity is calling each and all, In piteous accents, born of pain and tears;

I pray you, listen to the thrilling call!

You may not, in your selfish pride, Pass guiltless on the other side.

—Rural Home.

A Woman's Tribulations

Mrs. B. came in this morning, all out of patience. She said she could not see how some women got any work at all, and they would not get employment but for the fact that help was so scarce. She had been very anxious to get her sewing done by a certain date, and had arranged her own work so as to be able to give most of her time to helping the seamstress. The work was just plain, family sewing, and she was most anxious to get it off her hands by a certain time. She hired a sewing woman, giving her the price demanded, with other concessions, and had everything at hand for the rapid progression of the work. The woman was to come at 8 o'clock in the morning, and quit at 5 o'clock in the evening. But she very seldom got into the house and at work before 9 o'clock, frequently had to quit work at 3 or 4 o'clock, "to attend to a little business" for herself, and sometimes being absent a whole day, leaving the sewing in any shape it happened to be in. She promised every time that "she would make up her lost time," but as the articles in hand had to be finished as quickly as possible, the employer had to do it herself, working often until late at night and getting up extra early to accomplish it, and often because of the unfinished fitting, the garment had to lie about until the re-

turn of the seamstress. The room was kept in disorder by the goods, patterns, and other sewing necessities, and then, at the end of the two weeks, the seamstress told Mrs. B. that it would be impossible for her to make up her lost time, as she had to go at once to another engagement; but that Mrs. B. should deduct the amount from her wages! Now, it was not the money Mrs. B. wanted—it was the work, and she would gladly have given even larger wages to have had the sewing done on time. As it was, she had at last to finish it up herself, working herself into nerve exhaustion to get it done. No business concern would have stood such treatment, and few women would have dared attempt such a course with a business house; but it seems that the home woman, whose necessities drive her, has no recourse but to stand such impositions, or deal entirely with the "ready-to-wear" materials. Such women as the one under discussion are the ones that tell you sewing does not pay, and when slack times happen, she is the woman that is out of work. If the home woman could run her home business on business methods, with any dependence on the women she employs, there would be fewer women willing to give up the home for the boarding house or the hotel. But under the conditions that now prevail, the home life is one of the most unsatisfactory and nerve-racking things imaginable. One lone woman finds it impossible to meet the demands of the home and family, and either breaks herself down with overwork and worry, or settles down into the inevitable lack and disorder which characterizes so many of our modern homes.

"School Teacher" offers some suggestions worth heeding. She says: "I am one of a large family, raised in the country; we had plenty of fresh air, exercise, and, of course, big appetites. Poor cooking did not enter into the curriculum of our home, or the homes of our friends; but we children were allowed to eat of everything, and in unlimited quantities. Wherever I go (and I have traveled extensively) I see the same thing—children are not taught how to eat! They begin by stuffing their mouths and end by gorging their stomachs, because they fear they won't get as much as some one else, or because they are anxious to get something nice set before them. I am sure indigestion is caused by indiscriminate over-eating in childhood. Children should be taught to eat slowly, take small mouthfuls, and not allowed to eat too much. The use of tea and coffee by children should be prohibited, and very little drink of any kind allowed while eating." And this is all truth; but the mother is often so overburdened that she can not oversee the eating of the child or children. The great pity of it is that the mother can not be a real, "truly mother," instead of the "cook, laundress, seamstress, chambermaid, nurse, teacher, waitress," etc., character which too many of them are forced to become. Let us work for the millennium, when each woman can be a mother to her children.

The Daily Bath

Nowhere is a bath room more needed than on the farm, or in the home of the man who does manual labor, yet nowhere is it more seldom

to be found. When men or boys work out in the hot sunshine all day, with perspiration oozing from every pore, they become covered with a coating of dust from without, and effete matter from within, and in order to insure health and comfort, this coating should be removed before one lies down to sleep. If no room can be spared for this purpose, there should be provisions made outside the house, and this can be in the form of a small shed, lean-to, or even a tent made of common muslin. But it would be much more satisfactory to have a small building, or shed, where tub, towels, soap and brushes could be kept, and where plenty of water could be stored in a barrel, or small cistern, with an old stove, or other means of heating the necessary amount of water, so that every member of the family could indulge in cleanliness. Such provisions will pay, not only in comfort of the moment, but in improved health. When the men or boys come in from their work, by the time the chores are attended to and the supper eaten, the temptation is very great to at once lie down, or go to bed, and if the bath things are not convenient, they will hardly take the trouble to get them together, heat the water and then take the "wash off." But the sense of refreshment that follows the bath will remove much of the exhaustion, and it should by no means be neglected. One mother used, when her sons were at home growing up, to have the fresh clothes laid out, and the boilerful of water on the stove, and before the supper was eaten, the bodies were washed and the clean clothes put on. The rank smell of the day's perspiration did not offend at the table, and every one felt better. The clothing that was removed was thrown into a tub of water, and left until the next morning, when a few turns at the washing machine made them ready for the tub in which they were scalded, and it was but little work to put them on the line, clean, and ready for the evening again. I do not think this added much, if any, to the regular wash-work, for by this means the table cloth, towels, and bed furnishings were kept much cleaner, and much hard rubbing was saved. Ironing? I do not think she ironed the work-shirts; would you have done so? If the boys and girls are to be kept on the farm, they must have the conveniences and comforts, as far as it is possible, that tends to make country life attractive, and for reasons of health, the bath is as necessary as the breakfast. Fuel is not very costly on most farms, and, anyway, the improved health and self-respect of the man and boy who will keep themselves clean will by far outweigh all costs.

In Fly-Time

Do not overlook the fact that the fly is a scavenger, and that his filthy habits are a menace to the health of the family. Screen wire, if taken care of, will last two seasons, at least; no frames are necessary for the windows, as the wire of the proper width can be bought and tacked on the outside of the window frame, allowing either sash to be lowered or lifted from the inside. In the fall, the wire can be carefully removed, rolled, and put away for another season. A frame for the door, with hinges can be had very reasonably, if plain, or can be made by most of men to answer every pur-

pose. Once you have learned to live without the fly, you will not willingly live with him again. The screens answer another purpose in keeping out the moths and bugs which swarm to the lamp light after dusk, and this, too, will add to the comfort of the home. Where there are small children, who must sleep during the day, the screens are particularly desirable. Where there are mosquitoes, there is no measure to their value in keeping out these nightly pests.

Over-Eating

We are constantly warned by medical authorities, against over-eating, physicians of repute holding that this habit is the cause of most bodily discomfort. Now that foods are so costly, it would be a good time to begin the education of ourselves and families along the lines indicated. The old estimate of three pounds per day is too much, and the new gospel of good health is set at two pounds. That will reduce expenses just one-third, and this is quite an item, as prices now stand. It is told us that the normal stomach empties itself in six hours, if the proper amount and proportions of food are taken, and taking three meals a day hardly allows time for this, including any rest for the stomach. Especially should the brain-worker, or those engaged in sedentary businesses, eat less, as much of the nerve-force that should properly be helping digestion, is diverted into other channels. Many ailments and diseases may be entirely cured by proper dieting, and suitable amount of food being adhered to. Fasting is, in many instances, indicated, rather than the use of drugs. The practice of eating on going to bed to induce sleep is pernicious, as the sleep which follows is seldom restful; the sleeper awakes with a dull, soggy feeling, and the tongue appears and feels like a piece of old flannel, while the "taste" in one's mouth is in no wise conducive to a relish for breakfast. Women are warned, by all schools of hygiene, that they cook too much; and we are told that we should always leave the table while yet hungry. But the poor stomach has been so abused, and so mistreated that it is hard to enforce healing measures. All dishes primarily intended to "tempt the appetite," unless nourishment is absolutely demanded by the condition of the sick, should be avoided. "Tween meals" piecing of children, because they "eat so little at the table" is good training for dyspepsia. Let the little ones get "good and hungry," and they will eat enough without urging at meal time.

The Price of Success

We are constantly meeting people who complain that everything is against them; that conditions, environment, circumstances, all conspire to keep them down, inactive, mediocre; that if they were circumstanced as So-and-So, they, too, could do great things. Such people are never quite ready to grasp the opportunity—they are "just a-going to" as soon as this, or that thing happens. They are always living in the future—the "afterwhile;" they will be ready to do, some day. Meantime, the opportunity slips away, the occasion is grasped by another, and they go on, getting more discontented and disheartened, every day. They never seem to realize that they, alone, are to blame for their failure to "get on." In this age of sharp competition, one must not touch their opportunities with their finger-tips; they must take hold with both hands, and get right down to hard, persistent work. There is but one price for success, and that is downright, earnest, hard work, and the higher the success aimed at, the harder the work that must be done. Surroundings are nothing; environment neith-

AN OLD AND WELL TRIED REMEDY.
MRS. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.