



# The Home Department

Conducted by  
Helen Watts Moore

## The Return of the Birds

They have come again to the old pine tree,  
I knew they would, when they left last fall;  
They are back again in their joy and glee,  
The robin, the linnet, the thrush and all.

As I quietly sit by my window today,  
I watch two robins building their nest;  
They have perched it upon the top-most branch—  
Were ever two robins so happy and blest?

Weaving it closely, and firmly and strong,  
Making it hollow, cozy and soft;  
He thinks no exertion, or care too great,  
To build her a home in the tree aloft.

They are up in the morn at peep of day,  
In the early twilight I hear them sing;  
And all day long, till the light is gone,  
These happy creatures are on the wing.

These are happy days for you, lady bird,  
But weary ones, too, will come to you;

When you hide your eggs 'neath your golden breast!  
While your mate cooes a love song tender and true.

Then your anxious heart will worry and fret,  
When the headstrong things will leave the nest;  
You can only show them the use of their wings,  
Knowing Nature will teach them the rest.

I am glad you are back to the old pine tree,  
I missed you so, when you went away;  
For drear and sad was the winter time  
Without your song at the close of day.

So I give you a welcome sincere and true,  
For many a care you lift from my breast;  
And teach me sweet lessons of patience and trust,  
While I watch you busily building your nest.

—Mrs. D. L. Burrows.

## "Thorough Ventilation"

There are still a few people in the world that sleep in rooms with closed doors and windows, and suffer discomfort, even in hot weather rather than brave the supposed malign influence of the "night air." Once one gets accustomed to sleeping, or living in well ventilated rooms, it is extremely hard to return to the foul air and bad smells that even the cleanest rooms have, if kept closed. Now is the time to begin the free admission of fresh air, flushing every room, several times a day, and leaving the windows down a few inches at the top, and raised the same at the bottom, no matter what the weather. A timid person, living in a city where burglaries are common, or being alone in the house, will shrink from the unguarded openings,

but the closed windows will rob them of their most precious possessions, and leave them little strength to cope with the duties of the day. Better bars, like prisons have, than closed windows and foul air. Foul air, full of the emanations from the body, is as dangerous to one's health as foul, rotting foods would be, taken into the stomach. If only our ailing ones would try the effect of fresh air, good foods, and proper exercises, together with the determination to regard sickness as sin, and refrain from breaking the laws of hygiene, there would be greater happiness, moral, spiritual and mental health, as well as material prosperity. Don't you want to be well?

## Marshmallows

Dissolve one pound of gum arabic in one quart of water; after straining, add one pound of refined sugar; put over the fire and stir constantly until sugar is dissolved and the syrup the consistency of honey. Then add very gradually the whites of eight eggs beaten stiff, stirring the mixture until it is no longer thick, and will not stick to the fingers. Dust a pan lightly with corn starch and pour the mixture on it. When cool, cut into squares. No flavoring is used.

## "Stomach Troubles"

In Health Culture, Dr. Latson tells us that, while the first factor in the production of indigestion is usually dietetic errors, as time passes another factor develops—weakness of the digestive organs, the most common cause of which is the sagging of the muscles which should hold the stomach and liver in their proper place, and thus act upon the food as it should be treated in order to insure complete digestion.

Instead of recommending drug treatment for this condition, he tells us of exercises which are especially valuable for the strengthening of these flabby muscles, whereby they may be made to perform their work and allow the digestive organs to attend to their business. He claims that a "stomach that is out of order, is a stomach out of place," hanging lower than it should, and tells us that, in the experience of many years devoted to the treatment of stomach disorders, he has never known a case of stomach disorder where the stomach was not itself out of place. In his talk, he outlines a set of exercises which he assures us will correct the trouble, and bring renewed health and strength. Many of our most successful practitioners are largely giving up treatment by drug-taking, and advocating proper exercise, fresh air, foods, and mental healing. It is a common experience with the sick that a cheerful, optimistic friend will stimulate them more than any "tonic" the druggist can give. Many doctors are now practicing the "mind over matter" doctrine, using mental suggestion for their most effective weapon against disease. There is no surer way to increase an ailment than to have our friends continually telling us how bad we look; how we are breaking; how ineffectual all treatment has been found in cases like our own. If we make up our minds that we are sick, we have little difficulty in becoming so, while, if we brace up and defy disease, we can overcome all minor ailments and many major ones. We are constant-

ly told that we need exercise, and by exercise we usually understand walking about, or moving our lower limbs, while it is just possible, as in the case of the housewife, the lower limbs are in need of rest. We should try to find what muscles or organs need exercise, then give it.

## Trouble with the Baking

S. E. K.—Wishes to learn how to overcome the tendency of her bread loaves to rise considerably higher on one side of the loaf than the other, after putting it in the oven to bake. Her friends have the same trouble. She has tried several ovens, with the same result. The bread, aside from this tendency, is very good. It is possible that her oven does not heat evenly, and then, again the outer side of the loaf, next to the side of the oven always bakes a little faster than the inner side, the latter having longer time in which to rise. Will some one give her the desired information? She says some nice things about The Commoner, which are appreciated.

## For the Home Seamstress

For lingerie waists, the square block-tucking is very pretty, and while somewhat complicated, is very easily managed. Run in the group of tucks in the center front all the way down; let the next two groups of up and down tucks stop half way down, and the next two groups a little higher up. This brings the fullness in nicely, and the crossing of the tucks is ornamental. The cross-tucks should run from arm-hole to arm-hole, in groups of three or four tucks.

Cashmere and light weight goods of wool are very much liked for spring costumes, and they come in checks, stripes, and plain colors. One or more such costumes should be found in all wardrobes, for use on chilly or dark days when thinner materials would be uncomfortable.

A touch of black is considered very good taste, and may be introduced in the costume in many ways. Cream colored and unbleached linens make up attractively, and are seen in many handsome gowns. Stripes, in all materials, but especially beautiful in silks, are seen in the new goods.

Breakfast jackets and skirts are among the prettiest morning toilettes; all the simpler, washable materials are suited for this purpose. Sleeves usually terminate just below the elbows with lace-trimmed frills, but long, plain sleeves can be substituted, if liked.

For wash materials, the five-gored skirt, with one or more tucks laid just above the hem, is a favorite, the tucks give extra length in case of shrinkage.

Tucked chemisettes, guimpes, and slips of delicate tints suited to the complexion of the wearer, are distinctive items of the toilette, and if one have half a dozen of these accessories, the aspect of the toilette may be so varied as to produce the effect of several costumes, in the use of one gown.

The new piques are less liable to "muss," and much cooler than linens, and they are popular for tub dresses.

## Length of Girl's Skirts

These rules must, of course, vary for the unusually small or large girl: To the top of the tiny shoe is long

enough for the dress of the little one of a year; a dress any longer is likely to be in the way when the child is learning to walk. At eighteen months, a sturdy tot running around looks best in a dress half-way down the little, round legs. By two years old, knee-length, just showing a peep of the bend of the knee, is correct; and that same length is correct for the small child up to five or six years of age. The skirt of the average-sized child of seven, eight, nine, ten and eleven years should be of sufficient length to just cover or hide the bend of the knees. When the girl is twelve and thirteen, she needs from an inch and a half to two inches added to her skirts. The length of the skirts for a girl of fourteen years is more of a problem; she may be no more developed than the child of twelve or thirteen years, and in this case, the same length of skirt will continue to be correct for her; but the more developed girl of fourteen should have her skirts half-way down the calf, or swell of the leg. As she approaches fifteen years, it should be lengthened just to cover the calf; when fifteen and a half, an extra inch or two is added. At sixteen years, a skirt to the top of the shoe is correct. When seventeen years old, she may still wear it to the shoe-tops or to the ankles. At eighteen she is a young lady, and should be permitted to choose the length she likes; but if she is wise, her skirts will be ankle-length, or four inches from the ground.—Ladies' Home Journal.

One of the commonest faults with dress skirts is the "sag," or unevenness of the bottom—shorter in some places than in others. This may be the fault of the cutting, or the seaming, or of ill-fitting; but whatever the cause, it should be remedied. There are few things that give a more pronounced appearance of untidiness—unless it be the sagging and showing of the underskirt, or petticoat.

## Accessories

All sorts of shapes in belts are now seen, from the straight-around belt to the fancy, irregular outlines; in many instances, the buckles and clasps are quite expensive and artistic. Suede, glace kid, elastic, silk, and linen, embroidered in self or a contrasting color, are all used for belts.

For neckwear, many styles of collars, cravats, stocks, and ties are seen. The high-boned lace collars are peculiarly suited for the long, slim neck. There are little cravats of lace or linen worn with the embroidered turned-down collar; lace and embroidered mull jabots are gaining in favor, the cravat and jabot being usually worn together. These are edged with lace and insertion, or made perfectly plain, as may be desired. The striped linen collars are simply fastened with a brooch, or with a baby pin.

## Patching and Darning

An overhanded patch is sometimes less conspicuous than a darn, and a large patch less noticeable than a small one. Cut out a square of the material on the thread, clip the corner diagonally and turn a narrow fold all around; cut a square of the new material just the same size of the hole, allowing for a narrow fold to be turned down on all its edges, matching the figures perfectly, and join the folded edges as they belong, working on the in or wrong side, overhanding the folded edges together at the top, then at

## 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 the pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.