



# The Home Department

Conducted by  
Helen Watts McKee

**More Lovely Grows the Earth**  
More lovely grows the earth as we grow old.  
More tenderness is in each dawning spring;  
More bronze upon the blackbird's burnished wing;  
In deeper blue the violets unfold;  
More lavish is the autumn's spread of gold.  
And with half-conscious joy each living thing  
For very love its treasure seems to bring,  
Entreating us with beauty to behold.  
Or is it that with years we grow more wise,  
And reverent to the mystery profound—  
Withheld from hasty or indifferent eyes—  
That broods in simple things the world around  
And breaks to loveliness that glorifies  
And makes of common pathways holy ground?  
—By Helen A. Saxon in Twentieth Century Magazine.

### "The Sunshine Cure"

Women have not a monopoly of nerve disorders, but she has enough of them. They are among the hardest ailments to cure, and often baffle the best of skill. Much can be done by the sufferer without drugs or physician's fees. Too many people sin through ignorance, breaking down the health in the most reckless manner, and the finer the organization, the harder and more hopeless the process of rebuilding. One of the most effective, and at the same time pleasantest of treatments is that of sitting for an hour or two each day in the full sunshine. In every home, as there are in many hospitals, there should be a sun-room, or solarium, where one could retire and stretch herself in the sun-bath, just as the chickens, or animals do, giving herself up entirely to the revivifying influence of the solar magnetism. Just to lie or sit, perfectly immovable, relaxed, resting, with closed eyes and clearing brain, would do more good than the most helpful of drug tonics. Now that the warmth and clearness of the sun is making itself particularly felt, why not "get the habit" and doctor your own nerves with the strengthening rays of the sunshine?

### "Don't Worry"

A writer in a recent number of a popular magazine gives this advice to one of her readers: "You must exercise your will power to its utmost point, and simply determine that you are not going to worry. Do not allow yourself to become excited over small matters, and when big ones do come, you will find yourself perfectly equipped to cope with them." And the woman "with nerves" lays down the book with a feeling of helplessness that is anything but promising. She is not sure she has any will power left, and no matter how strongly she may try to determine, the worry germ generally is stronger than she is. She can hardly command obedience of herself in the matter of "getting excited" over small things, when the ring of the door-bell, or the whirr of the telephone simply "startles the life out of her." In most cases, it is not a matter of will-power or determination, but of weakened or disordered nervous system, and the first thing

to be done is to attend to the general health and try to heal the sick nerves; the will-power will get stronger of itself, then, and the determination will have something to work on. There are so many causes for nerve-weakness that one does not know where to commence to search for the trouble, and doctors tell us that every case is a problem by itself, requiring special study and individual treatment. About the only thing the worrying woman can do is to take as much comfort as she can, live carefully, exercise in the open as much as possible, keep with cheerful company, and learn to laugh. Physical health is a great deal; but mental and spiritual health are more. We must learn to rest, and to cultivate a faith in the fact that "Whatever is, is best, unless we can make it better," and let it go at that. "Don't worry," if you can help it; but if you cannot, why, then, worry as little as possible. Get all the fun out of life that you can reach.

### Getting Ready for Warm Weather

In overhauling the boxes, bags and closets in which the summer clothing was stored, many things will be found that can be used again. And in washing and preparing for the first warm days, there are many things worth knowing. For light colored cambrics or cottons, take one tablespoonful of powdered alum, dissolve it in enough water to cover the garment; dip the soiled garment into it, wetting thoroughly then wring out. Have warm suds ready and wash the things out quickly. Use white soap of good quality, as common coarse soap will fade the colors. Have the starch ready, warm, and after rinsing the garment, run through the starch, wring and hang to dry in the shade, after shaking out all folds or wrinkles. Iron when partly dry.

For washing laces and lingerie, fine white soap, and to the suds add borax. Delicate pieces may be placed in a muslin bag and run through the wash without injury. If the lawn dresses are faded in streaks or spots, boil in water to which has been added a teaspoonful of cream of tartar to each half gallon of water, rinse well and dry. For brightening the colors of muslin, dissolve a piece of alum the size of a hickory nut in a pint of hot starch, dip the colored goods in this after washing. For giving the lace curtains the cream color that fades in washing, boil a handful of hay in enough water to cover until the water is well colored, then strain off the water and make starch of it, thin to suit and run the curtains through this.

### Requested Recipes

**Cooking Old Potatoes**—To make the potato "cook up mealy" at this time of year, try this: Put the potatoes in the pan with just enough cold water to cover them; leave the pan uncovered until the water becomes scalding hot, but, just before it reaches the bubbling or boiling point, pour the water off and cover again with cold water with a little salt added. Cook until done, drain and set on the back of the stove, shaking the pan occasionally, until the potatoes are quite dry.

**Marshmallow Cake**—One and one-half cupfuls of sugar, three tablespoonfuls of butter, two-thirds cupful of milk, two cupfuls of flour, whites of three eggs, two teaspoon-

fuls of baking powder, one teaspoonful of vanilla extract. Put together as any cake, and bake in three layers. For filling, heat part of a small box of marshmallows (about half a pound) until they run together; make a boiled icing with one cupful of granulated sugar and four tablespoonfuls of water; when it threads, pour it over the well beaten white of one egg, adding the softened marshmallows. Arrange the remainder of the marshmallows on top of the cake.

**Hominy**—Soak a pint of dried hominy in two quarts of cold water, letting stand overnight. In the morning wash, drain and cover with boiling water and cook slowly all day on the back of the range. An hour before dinner time, strain the hominy, saving the water in which it was cooked for soup; put the hominy in a sauce pan with a pint of stewed or canned tomatoes, strained, and one grated onion. Bring to a boil slowly and simmer gently for half an hour; then add a quarter of a pound of cheese, grated; stir until the cheese is melted, add a level teaspoonful of salt, a dash of red pepper, and serve hot.

### Keeping Cut Flowers

While flowers are still scarce, one wishes to keep those in hand as long as possible, and here are some recommended ways: Dissolve a lump of bi-carbonate of soda or saltpetre the size of a large pea in one tablespoonful of hot water; pour it into a vase filled with cold, clean fresh water, and arrange the flower stems in it. Change the water every morning, keeping the proportions. Coarse salt has almost the same effect—one tablespoonful to a large vase, one of pint size, usually. Every time the water is changed, it is a good plan to cut a short piece from the end of the stem. Keep the flower vase in a cool place, as house-heat will soon wither flowers.

### Money in the Garden

If you have a market near you, and have the business ability to make the work profitable, there is quite a little money to be made from the herb garden. There is always a demand for the savory kitchen herbs, and the home merchants would be glad to take the produce if a supply could be depended on. Hotels and restaurants are glad to get parsley, mint, and fine salad vegetables, if they were offered in attractive quantities. A bed of mint, twenty feet square, will call for ten pounds of mint root, which can be had of nurserymen for about 50 cents; these roots should be separated and planted five inches apart, in well fertilized and prepared soil, and they take hold immediately and grow. Once planted, it will come every year, and requires little care. When well grown and still tender, it should be clipped early in the morning, tied in bunches of ten to twenty stalks each, according to size, and put on the market in the early morning. If planted in the latter part of March, it will be ready for the first cutting in May. Of course, there will be care required, and the sale of the stuff will depend on how much in earnest you are to make a business of it. Even in a small village, if one makes a business of the garden, there is always a demand for such things;

but in order to succeed, you must make up your mind to stick to the business, year in, year out, building up your trade and reputation. The reason that most of women fail to make things pay is that they take up the work half-heartedly, as a temporary make-shift, and get discouraged before they really get started. They want to "make money" at once, without any preparation, or hard work. And they can not do it. The price must be paid, in some coin, or there will be only disheartened failure. Like every other money-making business, it is hard work, and the drudgery of preparation must be patiently borne and persistently followed out.

### For the Seamstress

When making up washable material, it is a good plan to save some of the large scraps and wash them every time the garment is washed, and they will thus be like the garment when wanted for patching.

In looking over the white skirts, if the embroidery on the bottom has become frayed or ragged, cut it off and put a hem of the same material as the underskirt on the place where the embroidery was removed. If lace ruffles have become worn and ragged, either put on new lace, or put on a plain hem.

Instead of making a buttonhole in the back of the neckband of the shirtwaist, sew a flat button in the place. It will always be there, and save hunting for a collar button.

To join the ends of trimming on underwear, lace waists or other garments, button-hole the ends together with stitches set as closely as in making a fine buttonhole. This is better than a French hem.

In making skirts of wash material, always allow for shrinkage; make the skirt two inches longer than wanted, allowing for a hem besides. Then find the length of the skirt, turn up the material, and make a tuck one inch wide on the underside of the hem. Run the tuck by hand, letting the lap come inside the hem as it is sewed up. If the skirt shrinks, or if the length is outgrown, the thread of the tuck can be readily removed.

When materials are to be cut away under lace or embroidery, use a piece of pasteboard with a rounded end to push along between the materials to avoid cutting the lace.

For sewing on hooks and eyes, sew the eyes on the left front from the desired distance apart, with the loop far enough out so the hooks can be inserted easily. Then baste the right front over the left, lapping as much as desired, turn the waist just as it is, put a hook in every eye and sew strongly in place.

### Don't Overdo

This is the time of year when the housewife insists on doing a week's work in one day, without counting the cost to herself, because there is so much to do. A woman is worth more than the work, and she will find that she is held at just the valuation she puts upon herself. Let the work spread out for several days rather than break down under the burden. Let the children help, but do not overtax their young strength. Get all the help from the gude mon that he will allow, and see that he allows a good deal; if he cannot do enough, let him set the hired man to work, or see that you have a woman who is willing to do her share. A woman cannot afford to wreck her nervous system by overdoing, or doing useless things.

### Doors and Windows

Be sure to get the screens ready. If you have old ones that will serve another year, clean, dust and paint the frames, paint the wire also, to