



The Home Department

Conducted by
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Climbing

O, once there was a kitten,
Tom Henry was his name,
And here you see him sittin'
Before he bid for fame.

Somewhere he'd heard or read it,
"Climb upward! Do not stop!"
And greatly to his credit,
Resolved to reach the top.

And so he climbed and clambered,
Nor downward looked at all,
While foes beneath him yammered
And hoped to see him fall.

Up, up, he crept, undaunted,
And at the top he found
The things he loved and wanted
Were somewhere on the ground.

Advice may lurk in laughter,
Remember, ere you climb,
That sometimes what you're after
Is near you all the time.

—Frederick White.

The Glory of Autumn

Just at this season, the stream of travel is swollen by the home-coming of the "vacationers," and they will tell you, with a sigh of satisfaction as they lay in a store of freckle-and-tan remover, bleaches and cold creams, that they have had a lovely time. But we, who know, feel that they are missing the best of the year, for the glory of the autumn months is just now beginning to tinge the woodlands and tint the mountain sides. Yet the call of the home and business is insistent, and the workers must take up the strife of the streets, the business of the bread winners is opening, and the housekeeper must be setting the house in order for the coming of winter, while everywhere the schools are calling, calling, and the young people must be prepared.

The summer has been hot and disturbing, even in the country, and the sun has been like a flame; the rushing about through the heat and hurry has drawn heavily upon the strength of even the young. But now, nature is settling down, after her months of toil, and the harvests are either garnered, or ready for the hand. No more toiling under burning skies; no more wondering, "What shall the harvest be?" We know—the best or the worst; it is all done. The glory of the autumn lies like a benediction over fields and forests during the "Sabbath of the year," and a sense of peace steals over the soul at the touch of little, cooling, vagrant breezes that whisper of comfort and rest. Now and then, during early September, we have a touch or a hint of frost; and there are hot days to follow as the summer dies away. But October! There is nothing more beautiful than this "cloth-of-gold" month, when the last hint of summer has died away, and the dreariness of winter is but a far suggestion. These days are full of joy, of peace; but the dweller in the lanes of brick and stone, the paved streets and the darkness of offices know nothing of it. The toil of nature has changed, but the maelstrom of life in the great cities swirls on forever.

For the Home Seamstress

In making a seam with a bias and a straight edge, or with two bias edges, do not handle the gores any more than can be avoided; in bast-

ing, lay the gores flat on a table, the bias edge uppermost. Pin the seam at the top and straighten the gore by smoothing down and across on the thread of the material. The edges may then be pinned together as notched and basted in a three-eighths-of-an-inch seam. If the bias edge or edges are stretched there will almost inevitably be a ripple along the seam. Begin the basting at the top of the skirt.

Skirts of light-weight materials are sometimes weighted so they will fall in around the feet and cling close to the figure. A leaded tape called a "shot" is sometimes used in the bands at the lower edge of skirts and tunics and just above accordion-plaited ruffles on foundation skirts. Plaited and circular flounces and plain skirts are frequently faced with some heavier materials to weight them at the bottom.

In order to enlarge the last year's dress for the growing daughter, rip the shoulder seams and set in a piece of embroidered insertion, or lace, as the garment may call for; or a plain band of something suitable. This will give more room in neck and arm-hole, and lengthen the yoke part of the waist, and if the waist is still short, a new belt may be used. To lengthen the bottom, a band to match of some sort may be set in just above a wide hem. Or the hem may be let down and faced.

An elderly woman can hardly go wrong on color if she keeps to the quiet, subdued shades; one should avoid vivid reds, greens, or other very bright shades, but the darker shades of blues, deep greens, steel grays, gun metal, combinations of black and white, are all suitable for middle age, or even older, for the woman who has kept herself from becoming "old" mentally.

Keeping Clothes in Order

Many a boy, like many a girl, is careless and untidy about clothes, simply because they have never been taught how to be otherwise. Every boy, however, should be taught a few things, for the day will surely come when such knowledge will "come in good stead." The fact that spots will get on the coat, vest or trousers, should lead him to a knowledge of how to clean, and restore the neat appearance, and a boy or man can do this just as well as a woman can—in many cases, better. It usually requires a very heavy iron to press men's clothes—much heavier than a woman should handle; but the boy can do the work. A few lessons from a tailor would not come amiss. One of the easiest, and oftenest required, is the creasing which gives the trousers a neat look. The trousers should be laid on an ordinary ironing board, and the iron should be quite hot. The proper place to crease the legs may be learned by examining a new pair, or by placing the outer and inner seams of the leg exactly together at the hem, and putting a pin midway between the two; make a fold from that point to the suspender button, or belt strap nearest the front at the band. Have the inside of the leg next to the iron, and have a length of muslin quite wet to lay on the crease; then press the fold through the wet pressing cloth. Bear down on the iron, and move it slowly. If the trousers are stretched or baggy at the knees, press the crease first above

the knee and then blow, and lay in exactly the form held when new, which will leave a slight fullness at the knees. Lay the wet pressing cloth over this with care to have the fullness not exactly at one place, which would leave an inconvenient cross-wrinkle, but evenly distributed over ten or more inches, then a wet pressing cloth and hot iron carefully applied shrinks the fullness into original shape. Crease the back of the leg by ironing from the front crease back over the cloth. Then press the outside of the leg in the same manner, and unless the cloth is very soft, indeed, the leg will retain the proper shape for some time. But every boy should learn to crease his own trousers.

Renovating Clothes

One of the necessities for renovating clothes is a pressing block, which can be made at home. Secure a cubical block eight inches in diameter and two boards, the boards to be fastened on opposite sides of the block. The one serving as a base should measure twenty inches in length by eight in width; the other should be thirty inches long, nine inches in width at one end and four and a half inches at the other end, tapering gradually, with rounded corners. The boards should be fastened to the block with five two-inch screws to each board, so the whole thing shall be perfectly solid. Cover the longer board neatly with several thicknesses of soft blanket, or like material, and one thickness of strong unbleached muslin, over the pad. The pad, when finished should be one inch thick, with the edges tightly stretched over the sides of the board and either sewed on, or fastened with tacks on the under side. This block, with one or two very heavy, tailor's irons, will find no end of uses in pressing and renovating garments.

Garments which are very dirty should be scoured, either in a tub, or with a good cleansing liquid and a brush. Heavy garments which will not admit of being washed, such as coats, cloaks, skirts, etc., may be washed in gasoline and hung to dry after rinsing in fresh gasoline. But there must be absolutely no fire or flame where this is done, and it should be done in the open air, then hung to dry in the open air, and left until the odor of the gasoline is about dissipated.

Many small repairs, such as darns, or rents, should be done before cleaning, and can be so skillfully pressed that they will hardly show. The pressing of seams or repairs may be done with ordinary laundry irons, and all seams must be well pressed. The padded block is used to press hems, using the lower end, while shoulders of coats, waists or jackets, or tops of trousers should be stretched over the larger end of the padded board. The irons should be very hot for pressing, but the pressing-cloth should be folded so as not to admit of scorching. When cleaning a collar, or any one spot of a garment, sprinkle fuller's earth over the spot and rub gently with the hands, then brush the earth away carefully.

Health Notes

An old-time blood-purifier that is as harmless as it is beneficial, is made from red-clover blossoms. Gather the red clover blossoms when

the head is well opened; stem, and put into a steamer and set the steamer over boiling water; steam for five or six hours, then drain and press out any liquid remaining in the blossoms. A dose is one teacupful every other day; it is good for biliousness, is a blood-maker and purified, an appetizer and an aperient.

Dandelion roots should be gathered in the fall—August or September, when the roots are matured. Wash all dirt from them, dry well and put away in paper bags. This makes a good medicine for the liver. In the spring time, the blossoms may be gathered, steered, and the tea used for the same purpose.

A mosquito net for the baby's crib may be made by cutting two barrel hoops so that the ends extend over the sides of the crib and join them at the top by means of a light strip of wood, or a small, stiff wire running the length of the crib. Stretch mosquito netting over this frame and fasten, and the baby can not get tangled up in it.

The juice of acid fruits, lemons, limes, oranges, gooseberries, grape fruit, currants, some varieties of cherries, apples, plums, strawberries, and perhaps peaches, has the effect of making the blood more alkaline; the juices are readily absorbed, and have a diuretic effect. Nearly all fruits have a laxative effect upon the digestive organs.

Where the child refuses to take the necessary dose of castor oil, try this way of disguising it: Take a cupful of milk, one of molasses, half cup of sugar, two teaspoonfuls of ginger, teaspoonful of soda, half cup of castor oil and flour enough to roll out; cut the dough in shapes and bake in a quick oven. One or two of these cakes will serve the purpose of a dose of the oil, and children like them.

Extracts and Essences

It is a good plan to make one's own extracts and essences when it can be done as well as not, for so many adulterants are used in the extracts and essences on the market, that one is not always sure of getting what they pay for.

Quintessence of Lemon Peel—Best oil of lemon, one drachm; strongest rectified spirit, two ounces, introduced by degrees until the spirit kills and completely mixes with the oil. This preparation possesses all the fragrance and flavor of fresh lemon peel. A few drops on the sugar used in making beverages and in cookery will instantly impregnate it with as much flavor as the old, troublesome method of rubbing the sugar on the rind, or grating the yellow outer peel.

A very easy way of making essence of lemon peel is to fill a wide-mouthed pint bottle half full of good alcohol, or brandy (alcohol is best), and when a lemon is to be used, pare the yellow rind off, very thin, and drop into the bottle, keeping it sealed at all other times. In two weeks it will be ready for use, and peel can be added at any time.

Vanilla Extract—Get the real vanilla bean, if possible; the bean is usually six to eight inches long; cut in inch pieces and put the pieces into a bottle holding five ounces; fill this with the best rectified spirits, keeping tightly corked, shaking occasionally, and in a month's time the extract will be strong enough to use.

Some Good Recipes

If you can get the quinces, there is nothing nicer than quince honey. Four pounds of sugar, three cupfuls of water and six large quinces. Rub the fruit hard to remove the fuzz or down, then wipe well, cut in halves, remove the seeds and the stiff seed