



Conducted by
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The Home Department

"The Comforter"

Rare is the heart that in its utmost sorrow
Finds not another heart to share its woe;
To presage rain-bow colors for the morrow;
Ah, God is good and kind to hearts below!
Alone? Who is alone! The criminal, dying,
Though steeped in shameful crimes all through and through,
Will leave some heart that trusted, spite his lying,
Some loving hearts, that, spite his sins, were true.
The mother from whose sight the cold earth closes
Her son's dear eyes—on whose heart falls the clod
That strikes on him—and crushes all life's roses,
Has still her comfort, for she has her God.

—Maurice F. Egan.

"Blessed Are They That DO"

After a summer of almost intolerable heat, the cool wave will come to many before they at all ready for its advent. The woman who put her affairs in order last spring, putting away only mended and well-repaired winter clothing, or who has put in some of her few spare moments in re-adjusting the wardrobe, will find much comfort as the "first hint of frost" touches her household. Many a little, thinly clad child will shiver about the house during the early morning hours, laying in a stock of "colds" to be developed into real ailments, unless the careful mother watches the symptoms with close attention and additional garments at this season of the year. The tiny tots are the greatest sufferers, because they can not voice their discomfort intelligibly; but the larger children must also be looked after. Women neglect themselves, too, and thus allow ailments and weaknesses to get a start which are hard to check later on. Especially must the man or woman whose earnings are small, look out for the leaks and stop every waste. Women will do without; they are accustomed to sacrifice; but in many families, the husband demands the "full dinner pail," whatever the condition of his purse. Men, as well as women, must cut down expenses. Thousands of working men still insist upon their "glass of beer," or other stimulant, and their tobacco, while quarreling at the wife's request for money to clothe or feed the children. A family of two or more children is a costly thing, in these days, and in many families, the little mouths would go hungry indeed if the overworked mother did not take upon herself the additional task of supplementary bread winner. And no woman can do her duty to her children if she has also to "work for wages," either in the home or out of it. One of the best things the family can do is to keep an account of every expenditure, as well as of the income, and look them over at least once a week, finding, and stopping the leak while it may yet be done. House rent, fuel, food, clothing, are all so dear as to require the closest expenditure in order to "make both ends meet." Begin NOW, with a small blank book, and watch every penny.

Caring for the Lamp

If lamps are used in the family,

they should be given the best of care, for there is much solid comfort obtained where there is a clear, steady light on the reading table. Many still cling to the oil lamp, claiming that the light is softer for the eyes. In addition to keeping the wick clean and the burner bright, the bowl of the lamp should be emptied and washed out at least as often as the oil in the lamp gets low, but once a week is better than not at all. There should always be a shade over the chimney to shield the eyes, and the best of oil should be used. The chimney should not be allowed to get grimy and dirty, but should have the breath blown into it, then polished inside with soft, crumpled newspaper; a rubbing with fine salt is good. If the chimney is washed, it is very apt to break and the moist breath followed by the crumpled newspaper is much safer.

Reading Matter

As the evenings lengthen, the mind will turn to the supply of reading, either now on hand, or to be ordered. Magazines and newspapers are now so cheap that there may be quite a variety for a small sum. See that you get something of value, and of interest. Many magazines are reprehensible because of the nature of the literature presented. There are many others that give the best of fiction, not only of the kind that elevates one's tastes, but also that teaches a lesson in a most pleasing manner. Try to keep up with the most important of the current events, and take interest in the world in which you live. If you have access to a good library, you can feed your mentality on the best of food, and there is absolutely no excuse for ignorance of the most interesting events. "Schooling" is good, but education is better, and one can become educated, though he knows little of schools. Decide to put in your spare moments to advantage, the coming winter. Why not a neighborhood reading class?

Meat Substitutes

On account of the excess of nitrogenous elements in their composition, the ripened seeds of the legumes are among the best substitutes for animal foods, and for use with foods in which starch or other non-nitrogenous elements predominate. Legumes are particularly valuable as strength-producers, and are deserving of a more general use than is given them. When using dried peas, beans, or lentils, soak over night in cold water, then, in the morning pour off the water and cover again with hot water—as a general rule, two quarts of soft water is sufficient for one pint of the seeds. They should be kept boiling moderately all the time, as such things should not simmer until nearly done. Salt should not be added until the contents of the kettle are nearly done. If the food is liked very dry, it can be cooked down, but care must be taken not to scorch. As the seeds become soft, the boiling should be diminished. Do not stir at any time. If the kettle is perfectly clean and smooth—as it should be—let cook from the beginning without putting a spoon in it. It will not burn; but if stirred, the contents will scorch.

For baked beans, the seeds should be cooked until tender, but not mushy; then, having been allowed to boil nearly dry, they should be lifted

into a baking pan, with enough of the boil water to cool them down; strips of nice salt fat pork should be pushed down among the beans in half a dozen places, then the pan put into the oven, and left to cook moderately until well done and well seasoned by the pork strips. This is one of the most commonly liked dishes we know of, and for a cold day dinner, nothing is more liked than a panful of hot, well cooked and well seasoned beans. They are just as good cold. As the cool weather approaches, necessitating a fire for some hours morning and evening, the fire should be taken advantage of and such dishes prepared for the meals when the day is warmed up.

For the Toilet

To prepare oatmeal for the toilet, mix three gills of water with two and a half ounces of oatmeal; boil this for half an hour, then strain off the liquid. More than this may be prepared at one time if after it is boiled, strained and cooled, bay rum is added to make it almost as thin as good cream. This should be applied to the skin after the nightly cleansing, and wiped off before it becomes quite dry, using a soft flannel. This is for softening the skin and is especially good for cold weather, as it prevents chapping.

An old, tried hair tonic is made from a formula written by the late Sir Erastus Wilson: Tincture of cantharides, one ounce; oil of lavender, one-half dram; oil of rosemary, one-half dram; eau de cologne, eight ounces. Massage into the scalp every other night.

There is no wash or salve lotion that will give back to the burnt skin the delicate beauty so recklessly ruined by the abuse of running in the hot sunshine bare headed, bare armed and bare necked. In time the skin becomes so tanned and hardened that it never will regain its softness again. Even the removal of the outer cuticle will fail. Heroic remedies are not always successful, and it is well for our women and girls to look more to preventives than to cures.

Some Contributed Formulas

This is recommended by one of our readers: Take a piece of tobacco about two inches square, cut it up finely; put it into a vessel and pour a teacupful of water over it; let this boil for ten minutes, then take off and strain; add to the juice one level dessertspoonful of lard and one of turpentine; set the mixture back on the stove and stir until thoroughly mixed, but do not boil. If you have better on the hands clean them with soft warm water and rub them well with this mixture every night before going to bed; wear old gloves or mitts made of old cloth to keep from soiling the bedding. Repeat this for several nights, and the hands will be cured. Try this and report.—Mrs. A. B., Missouri.

As the rough weather of fall will soon be with us, cut this formula out and have it ready for use: After washing dishes or working in water, or out in the moist, damp air, rinse the hands well and dry them with a warm towel; then mix a teaspoonful of flour with half as much salt and rub the hands and wrists with it; after scrubbing or doing dirty work of the kind, rub the hands thoroughly with lard or chicken fat and flour, then wash with warm soap

suds and rinse well. A good ointment is made from one part of mutton suet, one part chicken fat, with a few drops of bergamot for perfume. Melt the suet and chicken fat in one cupful of boiling water, then set aside to cool; strain while hot; pour off the water when it is cold, stirring in the perfume. This is an excellent "cold cream" for "chaps."

—Mrs. W. V. C., Iowa.

Marketing is learned by experience; all the advice and information that could be written would not count one bit if you do not test it by personal practice. Go to the market yourself, and see just what is offered you for the money you have. See that you get what you pay for, and see that it is the best of its kind.

What You Want to Know

Mohair is not washable, and it is never shrunken, as the steaming process is supposed to injure the lustre of the fabric. It is an excellent material, however, as it sheds dust remarkably well, and does not readily take any soil.

Linen or duck is shrunken by allowing the fabric to lie in cold water for several hours, then hung straight and dried slowly in the shade. The material should be hung up carefully and smoothly by one selvedge, so it may not need ironing.

There are several methods of finishing seams, dependent on the kind of material used. The ordinary seam may be finished with the edges pressed well open; the lapped seam has both edges turned in one direction and held in place by one or two careful lines of machine stitching; the strapped seam which has its edges pressed wide open and a band of the material applied directly over the right side of the seam and stitched; the bound seam, which has each edge bound with a bias strip and the seam pressed wide open.

To remove grease from panama cloth, scrape off as much as possible with a dull knife blade, then lay a thin, soft white blotting paper on the spot and press with a warm iron; repeat this until the grease is well drawn out, then rub the cloth where the spots were with soft brown paper.

The tiny leaf buds of the sassafras tree are dried, rubbed to a powder, and sold in the south under the name of gumbo file. The leaves are rich in mucilage and have a dainty flavor without any of the sassafras characteristics. A teaspoonful added to a gumbo soup or Brunswick stew improves the flavor greatly.

Wild fox grapes, just under ripe, make one of the most delicious jellies, not to be compared with jelly made from the dark, cultivated sorts. Where woods are thick, the grapes grow abundantly, but are not ripe until frost comes.

Little Helps

In making the jelly bag, a good way is to hem the large end, or top and run in the hem a hoop, or wire bent in form of one; have several loops sewed to the hem of the bag, and hang the bag up by these loops. The tapes should be long enough to hang the bag up by. Two squares, or thicknesses of cheese cloth are better than one, and a thin flannel is very much liked.

In order to thoroughly sweeten a jar or crock that has contained vinegar or pickles, wash and scald the jar well, then open up a place of fresh earth and invert the jar over the fresh earth, leaving it thus for twenty-four hours. The earth will sweeten it.

To clean a coffee pot, fill it with boiling water and drop into it a teaspoonful of saleratus, or a tablespoonful of sal soda, with a little hard soap; set on the stove and let boil for an hour, then empty; if not