



# The Home Department

Conducted by  
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## City Lights

It's a splendid, luring city, and its  
myriads of lights  
Show a glow upon the heavens to the  
country boy o' nights;  
"Come," they beckon o'er the valley,  
"come to wealth and power and  
praise;  
It's for you the world is waiting." And  
the country boy obeys.

Now the lights are thick about him,  
blinking, flaring everywhere,  
Turning gloomy night the blacker,  
shedding down a sickly glare  
On the hunted, haunted faces, on the  
folly and the pride,  
Raising miles of dismal shadow-walls  
where fear and failure hide.

'Twas a splendid, luring city when its  
host of gleaming lights  
Cast a glow upon the heavens for the  
country boy o' nights;  
But its heart is like a cavern, and its  
face is seamed with scars,  
And its sky so filled with gas-light that  
he can not see the stars.  
—Newark (N. J.) News.

## Individual Rights

Do not forget that each member of  
the family has an individuality, and  
that his or her personal rights should  
be respected. If this fact were more  
generally recognized, especially be-  
tween husband and wife, much of the  
bickerings and discontent in the home  
would be done away with. One of the  
most frequent causes of discontent on  
the part of the wife is the fact that  
some husbands utterly ignore the fact  
that the wife has any right whatever  
to think or act independently of him,  
even upon subjects in which he can  
have but a remote interest, and an  
imperfect ability of decision. Little  
household matters pertaining only to  
her comfort, and apart from him in  
any sense, must be submitted to him  
for settlement, and I am sorry to say  
the settlement arrived at is seldom  
calculated to promote harmony in the  
family.

Not long ago, I heard a husband  
say that his wife should not wear one  
of those dainty little dressing sacks  
so cool and comfortable to the woman  
who "does her own work," simply for  
the reason that he did not like them.  
I know another husband who insists  
on selecting material for his wife's  
dresses, and invariably invests in col-  
ors and figures which the wife detests,  
although his purchases far exceed any  
she would make in money outlay. This  
particular husband, when making his  
purchases, generally takes the advice  
of the clerk as to number of yards,  
suitableness of trimming, etc., regard-  
less of the fact that the clerk is, more  
often than not, an unmarried man, and  
has no more idea of the fitness for  
the fashion than the man in the moon.  
The result of this is, that the wife  
generally has a trunkful of dress pat-  
terns, but seldom a dress that she  
can wear with any comfort.

Another man whom I know insists  
on ordering all the tea used by his

## BETTER THAN SPANKING.

Spanking does not cure children of urine diffi-  
culties. If it did there would be few children  
that would do it. There is a constitutional cause  
for this. Mrs. M. Summers, Box 169, Notre Dame  
Ind., will send her home treatment to any  
mother. She asks no money. Write her today  
if your children trouble you in this way. Don't  
blame the child. The chances are it can't help it

family, although he never drinks a  
drop of the decoction, himself. An-  
other man invariably orders the gro-  
ceries, and the consequences are that  
they are always "long" on some things  
and "short" on others, and nothing  
can be used with the economy that  
might be exercised if the supply was  
regulated by the demand, which the  
wife could easily bring about, if the  
ordering was left to her. In another  
instance, the husband insists that the  
wife, who is in no sense a seamstress  
and seems utterly incapable of sewing  
two straight edges together without  
"puckering" one of them, should do  
the family sewing, even to making  
such of his own apparel as most men  
prefer to buy, simply because, in the  
old days, when all the sewing was done  
at home, his mother had made such  
garments for her family. The result  
of his idiocy is that they are about  
as badly dressed a couple as one would  
wish to see, and the waste of material  
in repairing the misfits is enough to  
pay for the services of a respectable  
tailor and seamstress.

This treatment has but one inevit-  
able result: the wife grows disgusted  
at the tyranny practiced upon her,  
and indifferent as to whether she  
pleases or not, and then the trouble  
commences. If she does not submit  
sullenly and contemptuously, she  
learns to practice deceit, and is con-  
stantly planning ways of stealing a  
few cents out of the pittance such men  
sometimes give their wives, that she  
may hire a garment or two decently  
done. And she is very foolish to do  
it, for it is her right to demand de-  
cent treatment from the man who has  
set her up as his housekeeper.

## Home Chats

A sister writes: "I am not strong,  
and it is impossible to get help about  
the household; what may I let go un-  
done without incurring the name of  
being a slack housekeeper?"

This query will be best answered by  
asking another; what could she leave  
undone in case she was forced by a  
nervous break-down to quit her post  
and take to her bed?

There are a great many ways in  
which a delicate woman may econ-  
omize her strength, and yet not incur  
the name which all conscientious  
housekeepers dread, but in order to  
do so successfully, she must have the  
co-operation of those composing the  
family, be they few or many. In the  
first place, she must be a law unto  
herself; she must get rid of the idea  
that she is in any way amenable to  
her neighbors for the way in which  
she conducts the affairs of her house-  
hold. In short, she must make up her  
mind that it is nobody's business, out-  
side of her own family, but that it  
must be very much the business of  
every one of these. I do not advise  
that she spend her time in hunting  
up, or nursing her aches and pains,  
for that would only make matters very  
much worse, but she should find out  
the weak spot in her organization,  
and then favor herself as much as  
possible in that direction, asking that  
the members of her household do the  
same. There can be no fixed rule in  
regard to what must, or must not be  
done, except as it affects the health of  
the family on the one side and their  
comfort, on the other. But in all  
households, the leaning is toward do-

ing many things that are absolutely  
unnecessary, and which in no wise  
conduces in any way to the family  
well-being.

But, you will say, a family must be  
fed and clothed and kept clean, and  
sheltered. All true; but the feeding  
may be greatly simplified, in many  
cases, greatly to the betterment of  
the family health. Fewer and simpler  
dishes, less "spread" and display in  
setting it before them, and a careful-  
ness on the part of each member  
about making any unnecessary work  
about the disposing of it. Much of  
the sewing is unnecessary, or, if the  
garments are bought ready made, get  
those that are "lasting" in quality and  
easily laundered, and impress it upon  
the wearers that any unnecessary soil  
or rips or tears must be avoided, be-  
cause it is to these that much of the  
mother's aches and infirmities may be  
traced. Children (and even some hus-  
bands!) will readily see the necessity  
of this, if kindly presented to them.  
Each member of the family may be  
taught to care for its own clothing, in  
many ways relieving the housekeeper  
by so doing, and boys, as well as girls,  
will readily learn to handle the needle,  
if one appeals to their pride in trying  
to look neat. The "stitch in time" is  
as valuable today as it was in the days  
of our mothers.

As to the laundering, if the cloth-  
ing is simply made, and kept in pass-  
able repair, with the aid of a washing  
machine and wringer (which every  
family should have) the husband could  
do a great deal towards lifting that  
load, if he were so inclined, during  
leisure moments which every man can  
find, if he chooses; or, if the children  
are large enough, they may help with-  
out hurting them. Washing is hard  
work, even with all the helps that can  
be collected, and many a weakly wom-  
an might date her ill-health from  
slight colds contracted (and neglected)  
on washdays; but it seems impossible  
to do away with the work in most  
households, and the only thing I can  
recommend is to get it done with the  
least exposure and outlay of strength  
possible. As to the ironing, some  
things must be smoothed over, but  
there are a whole lot that need not be.  
Every woman must decide this mat-  
ter for herself, but in my own case,  
I long ago decided that there were  
many more necessary things to be  
done than to iron everything that  
went into the wash. As to the sucter,  
the family, from largest to least,  
should be taught to respect their en-  
vironments, and use every possible  
means to keep the house and its fur-  
nishing in a respectable condition.  
There is altogether too much disorder  
allowed for which nobody seems to be  
held responsible except the care-worn  
wife and mother, and matters should  
be so adjusted that the responsibility  
may be honestly placed. The easing  
of the burden for any one member  
must be a matter of family co-opera-  
tion.

## Sulphated Fruit

This recipe was given me while in  
the Ozarks, by several ladies who told  
me the fruit would keep several years,  
put up in this way. If any of you  
try it, or know of its having been  
tried, will you please tell the results?

Have ready a sugar, or other tight,  
barrel with one end left in it, and a  
splint basket or coarse-meshed sack;

also a thick covering of blanket, old  
quilt or carpeting with which to cover  
the barrel. Gather nice, sound ap-  
ples, wash and wipe dry and pack in  
the basket or coarse sack. Put a  
stout stick across the top of the bar-  
rel and suspend the basket or sack  
over this stick. Put into a skillet or  
large shovel a quantity of live coals  
and set this in the bottom of the bar-  
rel, and put a tablespoonful of sul-  
phur on the coals, covering the barrel  
immediately with the covering pro-  
vided, to confine the fumes about the  
fruit. Let the fruit hang in the bar-  
rel for an hour or so, or until it sweats,  
when it should be taken out and  
packed into large jars or barrels, and  
weighted down. It will make its own  
covering of water, and will keep for  
years, as nice as fresh. Pears, peaches  
and apples may be treated this way.  
To have them extra nice, they may be  
peeled, cored and quartered, and  
packed in the basket or sack, and  
treated as above and then packed  
in stone jars with a thin cloth cov-  
ering. It is claimed that freezing does  
not cause fruit put up this way to spoil.

## Fruit Brown Bettle

Butter a bread pan and lay in slices  
of stale sponge cake, alternating with  
sliced peaches, pears and apricots; when  
the pan is full, pour over the fruit one  
pint of custard mixture flavored with  
orange; set in pan of warm water in  
a moderate oven to cook until firm;  
let cool; then run a knife around the  
sides and invert onto a dish. Ar-  
range preserved strawberries or cher-  
ries at base; set in ice to become  
chilled before serving.

## Can Drink Trouble

### That's One Way To Get It.

Although they won't admit it many  
people who suffer from sick headaches  
and other ails get them straight from  
the coffee they drink and it is easily  
proved if they're not afraid to leave  
it to a test as in the case of a lady  
in Connellsville.

"I had been a sufferer from sick  
headaches for twenty-five years and  
anyone who has ever had a bad sick  
headache knows what I suffered.  
Sometimes three days in the week I  
would have to remain in bed, at other  
times I couldn't lie down the pain  
would be so great. My life was a tor-  
ture and if I went away from home  
for a day I always came back more  
dead than alive.

"One day I was telling a woman my  
troubles and she told me she knew  
that it was probably coffee caused it.  
She said she had been cured by stop-  
ping coffee and using Postum Food  
Coffee and urged me to try this food  
drink.

"That's how I came to send out and  
get some Postum and from that time  
I've never been without it for it suits  
my taste and has entirely cured all of  
my old troubles. All I did was to  
leave off the coffee and tea and drink  
well made Postum in its place. This  
change has done me more good than  
everything else put together.

"Our house was like a drug store for  
my husband bought everything he  
heard of to help me without doing any  
good but when I began on the Postum  
my headaches ceased and the other  
troubles quickly disappeared. I have  
a friend who had an experience just  
like mine and Postum cured her just  
as it did me.

"Postum not only cured the head-  
aches but my general health has been  
improved and I am much stronger  
than before. I now enjoy delicious  
Postum more than I ever did coffee."  
Name given by Postum Co., Battle  
Creek, Mich.

"There's a reason" and it's worth  
finding out.

"I had been a sufferer from sick  
Get the famous little book, "The  
Road to Wellville," in each package.