



The Home Department

Conducted by
Helen Watts McVey

Westward

Beyond the murky rim of hills,
Where fading city sunsets glow,
Tonight a robin swings and sings
In one tall cottonwood I know;
The shadows flung from branch and stem
Along a yellow sandbar rest—
I shut my eyes to dream of them,
Here in my window looking west.

The shadows lengthen on the sand;
The log-built barn across the way
Throws wide its doors on either hand,
Beneath the rafters piled with hay.
The palings of the gray corral
Glimmer and waver in that light
Above the sleepy, brown canal,
Out yonder on the ranch, tonight.

Far off, that sunset glory sleeps
On level bench-lands golden brown,
Where, browsing slow along the steeps,
One after one, the cows come down.
And on their homeward pilgrimage,
Each trampling hoof and horny crest
Shakes perfume from the tufted sage—
Oh, faint, far incense of the west!

Tonight, I know, beyond the rim
Where all my prairie sunsets fade,
God's far white mountain looks to
Him,
Clad in His glory, unafraid.
The solemn light on peak and scarp,
The clear, still depth of cloudless air,
The trembling stillness of a star—
What would I give, to see them
there!

The mountains call be back to lay
My weakness on their boundless
might;
The canons call me home to pray
In silent, stainless shrines, tonight.
Yet here, in dusty mart and street,
I shut mine ears against their call—
Content, I find my exile sweet,
With love that recompenses all.
—Youth's Companion.

Tea Drinking

The intelligent use of tea is in knowing that it possesses two leading chemical principles—theine and tannin. The former contains the principal merits and the latter the principal imperfections of tea. Theine is a gentle tonic which makes tea a harmless stimulant; tannin forms an acid which, if taken habitually to excess by persons in delicate health, is apt to affect the nerves or the digestion. The whole secret, therefore, of obtaining the beneficial properties of tea without any of its injurious effects is to secure the theine without the tannin, and this is accomplished by never permitting the tea leaves to boil at all, nor ever to draw in the usual way for over seven minutes, after which time tannin begins to develop, and after standing ten minutes develops in such quantities as to slightly affect the nerves. After that length of time, or if allowed to boil, it becomes absolute poison. Before the expiration of seven minutes,

A NOTRE DAME LADY.

I will send free, with full instructions, some of this simple preparation for the cure of Leucorrhoea, Ulceration, Displacements, Falling of the Womb, Scanty or Painful Periods, Tumors or Growths, Hot Flashes, Desire to Cry, Creeping feeling up the Spine, Pain in the Back, and all Female Troubles, to all sending address. To mothers of suffering daughters I will explain a successful Home Treatment. If you decide to continue it will only cost about 12 cents a week to guarantee a cure. Tell other sufferers of it, that is all I ask. If you are interested write now and tell your suffering friends of it. Address Mrs. M. Summers, Box 169 Notre Dame, Ind.

theine and the delicate flavor accompanying it is brought out with no appreciable amount of tannin. These facts account for the phenomena that many can take their tea three times every day until the age of four score without the slightest known deriment, while others complain of some irritation of the nerves or stomach in a very short time.

Beverages

There are between two hundred and three hundred cups of tea in a pound; consequently, even at the apparently high price of \$1 per pound for choice tea, the consumer receives at least two cups for one cent, and, where great strength is not required, three cups may be had. In the quality sold for 50 cents per pound one may have from four to six cups for one cent. There are only forty cups of coffee to the pound, and perhaps twenty cups of chocolate or cocoa. A thoroughly good tea, but by no means a choice one, can be retailed at 50 cents per pound, hence the rule is to buy no tea under 60 cents per pound, and if one wishes to be assured of both the bouquet and the maximum of tonic properties, it will be necessary to pay \$1 per pound. A strictly choice quality of tea can not be retailed at 50 cents per pound, as the merchant is obliged to pay more than that price himself for a really choice article. Yet an economical paterfamilias will cheerfully pay thirty cents for a pint of claret costing ten cents a glass, but hesitates to pay \$1 per pound for tea which corresponds with Chateau Lafitte, the prince of clarets, and which only costs him half a cent per cup. Physicians sanction the use of tea, rightly brewed, by invariably prescribing it even in sickness when little else can be taken. If the preparation is right, tea becomes the most important manufactured beverage known to man, inasmuch as it is the only one which can be taken for a lifetime without injury to the human system. Even the temporary irritation to abnormally delicate nerves caused by excessive indulgence, can be avoided if care is taken to prevent the development of a superfluous amount of tannin by proper care in preparation.—Selected.

Home Chats

The weather, all over the country, has been, up to the present writing, simply delightful, and in few localities has there been even very heavy frosts, but the cold days are surely coming, and are not now far distant. Some morning soon, there will be frantic calls for warmer garments, and hurried rummaging of boxes, bags and closet shelves will be instituted. Blessed is the mother who patched and darned the woollens last spring before she laid them away, for now they are instantly available to supply the "hurry call" for thicker clothing until the new ones can be bought ready made, or finished by the hand of the busy house-mother. Now-a-days, the needle and the sewing machine need not play so active a part in the fitting out of the family, as really serviceable and well-fitting underwear of all kinds may be had ready to put on at very reasonable prices, and of all grades of thickness, wearing qualities, fineness of texture and finish. It will pay to get good articles, where there are two or three growing children, as any article, when outgrown by one, from the head of the house down, may be made over—often

with very little alteration, for the next in line. Knit underwear of even passable goodness of texture may be readily "patched" and darned through the thin places, and an excellent material for this purpose is the cheap grades of unbleached cotton flannel, costing six to eight cents per yard. The goods should be well strunken by several washings before used as patches.

One of our readers, a school teacher of much experience, asks that the attention of the mothers be called to the fact that the children are too often sent out of the warm homes inadequately clothed for the too often variable temperature of the school room, and especially for the change from active motion of the home life to the sedentary duties in the school room. For children going out into all weathers, to school or to play ground, thick stockings, thick shoes and warm leggings should be insisted upon, for no amount of clothing piled on the body and arms will keep the thinly-lad lower limbs from feeling keenly the frost and cold. Damp feet and thinly clad ankles, and even, in many cases, exposed knees, are prolific causes of colds, catarrhs, sore throats, coughs, lung troubles, etc., which many times prove fatal in their effects, and, at most, are stubborn diseases to treat, causing much suffering to the child and wearing anxiety to the mothers. The dresses of many of our little girls may be described as "waists with ruffles sewed on them," and the little, unprotected legs, often with no more defense against the pinching cold than is afforded by one very thin thickness of cotton stocking, is a pitiful sight indeed. A cold, or chilly child can not give its mind to the lessons, and no uncomfortably clad child can do good work in school, to say nothing of its liability to often dangerous diseases of the vital organs. Do, dear mothers, keep the little ones comfortable, no matter what the fashion plates may say.

Health Hints

Children and persons with dyspeptic tendencies often need warm drinks, in the winter especially, where neither tea, coffee or chocolate are liked or permissible, and at times it is difficult to acceptably provide them. In such cases, rice coffee is very palatable and nutritious, and is easily prepared. The rice should be browned and ground, the same as coffee; then, to two tablespoonfuls of the prepared rice, add a pint of boiling water; cover, and keep hot for fully ten minutes, but do not allow to really boil; then serve with sugar and cream as liked. This is greatly preferred to the old-fashioned, so-called cambric tea, in which there was no nourishment, and which was not always palatable, even to the children. Sweet drinks sometimes fail to assuage the thirst, and a little acid is better. An excellent drink is bran tea—made of bran by pouring boiling water over it, letting stand half an hour, then straining, and if liked, adding lemon juice to it to improve the taste.

Persons who suffer habitually from spells of sick headache can nearly always predict the attack, and in such cases, if an emetic of hot water is taken at once, followed by a laxative dose of salts or magnesia, they could save themselves much suffering. It is also a good plan to wash out the stomach in the beginning of an attack. This may be done by swallowing a sufficient quantity of warm water to

give the stomach a decided feeling of distension. This water will either be rejected by the mouth, carrying out with it the accumulation of mucus and other irritants, or it will be absorbed by the coating of the stomach, and pass out through other channels, in either case clearing the stomach of much waste.

A highly recommended recipe for a hair tonic and restorer gives the following: Two ounces of black tea; one gallon of soft water, poured on it boiling hot; three ounces of glycerine, one quart of water, which is to be poured on the tea boiling hot; to this add three ounces of glycerine, one quart of good bay rum, and half an ounce of tincture of cantharides; scald five minutes longer, but do not boil; strain and bottle. Wash the scalp once a day with this, and it is claimed it will prevent hair falling out, and at the same time stimulate a healthy growth. Strong sage tea used to bathe the scalp is claimed to be one of the best hair tonics known. For a cleanser for the hair, use the following: Into a quart of boiling water, put half a teaspoonful of powdered gum camphor, and a teaspoonful of powdered borax, and let stand for ten minutes, then bottle. When using, shake the liquid well, pour a little in the hand and rub well into the scalp.

Some Fashion Paragraphs

All dress hats must be large. All dress shoes must be small—shoes are made to fit lasts, not feet. All shoulders must be wide and sloping; no dressy sleeve can have the puff below the elbow; long skirts are long all around, dragging and dangling in the way, while short skirts are very short, coquettish, and delightfully convenient.

Drop linings are used on all skirts this winter, except those of heavy, or unusual weight, which require no linings.

Elderly ladies may wear a long, full, three-quarter-length paletot of suitable goods, made with the old-time dolman capes that take place of sleeves. Or, if preferred, instead of the dolman capes, it may have very large, wide, bell-shaped sleeves. The paletot may be trimmed with a heavy passementerie finish on the shoulders and outlining a velvet collar. Wraps for elderly ladies are an almost exact revival of the old-fashioned dolmans which were much in vogue some twenty years ago. The new cloaks are made in two lengths: forty-two inches and fifty inches. They have the appearance of being fitted at the waist line, but are loose-fitting in straight-hanging lines at the sides. The fronts are fitted or not, as one may choose. Where a quantity of material is necessary, as it is in a winter garment, it is much less cumbersome and clumsy to have a garment made in a circular cut than to have the fullness given to platings and shirrings.

Capes are to be worn again, but differ from the old-fashioned circulars worn a few years ago. The new capes are dressy affairs, often made of the same material as the gown, or of taffeta, chiffon velvet, or such material, trimmed with a stiff little knife-plaiting of taffeta. The capes are not long, reaching usually only to the waist-line, and may be even shorter. On cold days, a long, loose wrap may be worn over them. These wraps and coats may be used for separate garments, or for coat and skirt suits.

To prevent a skirt standing out at the lower edge of the front breadth, as it frequently does in case of a woman with a prominent abdomen, take a V-shaped dart about four inches in length on the side of the front gore crosswise, twelve inches from the top of the lining, and baste the outside material over it. If the skirt is unlined, raise the back-gores up under the belt about two inches, or more if necessary, and it will draw the fullness back.

The woman with a full figure should