

The Home Department

Conducted by Helen Watts McVey

To A Foot-Friend

At morn, up-spring from the earth,
Her feet all bathed in sparkling dew,
Her bright wings glancing in the sun,
A tuneful, sweet-voiced sky-lark
flew.

A sense of freedom all unknown
To sluggard hearts or heavy wings
Impels her sweet, ecstatic song;
Forgetting earth, she soars and sings.

Forgetful of the grassy plain,
Unmindful of the meadow's bloom,
Up through the cold, mist-laden air
She swiftly flies—the skies her
home.

Far upward to the crystal waves
Where rosy clouds a-dreaming wait,
She wings her way, and as she soars,
Pours forth her song at heaven's
gate.

Down through the chill and heavy air
Her clear, sweet notes of joy de-
scend;

And who shall say but listening ears
Within the gates her song attend.
Then, with the glad, sweet message
told,

Downward, to earth, she slow re-
turns,
Nor ever dreams that on her wings
The golden light of heaven burns.

So, you, who spurn the earth's con-
trol—

To sooner reach the realm of day
And b'he in morn's broad beams of
light,

Who, in your matchless strength, for-
sakes

Our plodding ways for paths your
own,

Soar on and sing—nor ever know
To what far heights your wings
have flown.

—H. W. McV.

Home Chats

A physician, who compliments our Home Department by saying he reads it every week with approval, tells me to "keep on urging the housewives to flush all rooms, especially sleeping rooms, every day with fresh air. Doors and windows should be opened wide in the bedrooms as soon as the beds are vacated, and the bed-clothing tossed locally over the chairs, so the air can circulate freely through their folds, and left so for several hours."

If we might all practice the simple laws of hygiene, we should not so often need to consult our physicians for relief from distressing ailments, but as, with many of us, this seems impracticable, we must seek to lessen the evil as best we may. We must exercise what precautions we may, and rely upon simple remedies for the rest, if medical advice is not at hand. Like every other thing from which good is expected, remedies must be mixed with brains and administered with judgment.

One of the most effective preventives to disease is the proper ventilation of our homes, clothing and beddings by letting in the fresh air and driving out the foul. Sinks, sewers, cellars and drains must receive attention, and some oversight should be given to the backyards and outbuildings. At no season of the year is this advice more timely than during the fall and winter, when the tendency is to keep everything shut up in order to preserve the much-needed warmth. Not only is the cellar in need of frequent airings, but the atmosphere of this room should be kept free from the fever-breeding taint of rotting and decaying vegetables and fruits.

Our bedrooms need especial attention, and the next to this in importance comes the ventilation of the clothing we daily and nightly wear. How many of us, in undressing for bed, think to hang up or lay over a chair the garments just discarded? Or how many—perhaps I should say how few—on getting into our clothes in the morning, take thought to hang up our gowns or other wear, instead of rolling it up and stuffing it under a pillow or in a drawer? Our nightwear particularly should be aired upon taking it off. A few days ago I read of a husband who boasted that his wife dressed and made up two beds by the time he got the kitchen fire lighted. I could but think that, either he was very slow about the fire, or his wife was "more nice than wise" in making up the beds, the coverings of which must still be warm from the bodies which had just vacated them. I wondered, too, how the rooms would smell to a person of delicate olfactory organs. It will greatly aid matters if the bedding should be spread out in the full sunshine two or three times a week, as the weather will permit. One of the most powerful sweeteners and disinfectants—indeed the very greatest—is the sweet air and sunshine.

For The Bath

We are urged not to forget the bath as an important factor in the keeping of our health, but in this, many of us, and especially the farm wives, are greatly handicapped—having no bathroom, and there seldom being any heating apparatus in the bedrooms. We might turn the kitchen into a bathroom, but by the time that room is vacated of an evening, every one is either too tired and sleepy to use it, or the supply of hot water is exhausted; so we let it go. If no better offered, it would pay one to curtain off a corner in which a large laundry tub could be placed, permanently or temporarily, and in this warm corner a basin of soft warm water, some good soap and soft towels and wash-rags

could be used with good results. Each person should have his or her own wash rag and towel; there should no more be a family wash-rag or towel than there should be a family tooth brush. If the daily accumulation of dust and grime were removed from the face, limbs and body, sleep would be more sure and refreshing, and we should feel better in every way. If this can not be attended to every night, let it receive attention as often as possible. Even a weekly rub-down will be a great invigorator.

Query Box

Mrs. N. B.—Sent you the formula as requested. Your kind words are very much appreciated.

Miss F. M. B.—Your kind words are appreciated. Many thanks for the suggestions, which will be used at an early date.

"A Reader of The Commoner."—Your query interested me very much, and I wish I could answer it satisfactorily. I am afraid you will have to work out your own salvation, as in such cases, every woman must be a law unto herself. A treatment that might help one might harm another's cause. However, I will keep the inquiry in mind, and may talk of it again.

Cynthia M.—You must send me your address, my dear, as I can answer you more fully by mail. For puffiness under the eyes, you should ask your physician's advice. If your parents or guardians do not object, you might ask him in. You might say, "I thank you for a very pleasant evening." If the guest is of a religious turn, it would be a courtesy to ask him to say grace, but if not, it is not necessary.

Hair Tonic

Take of alcohol two ounces; green tea (to be had of your grocer); two ounces; common garden sage, two ounces of dried leaves, or a little more of fresh gathered leaves; put the herbs into an iron vessel (it must be an iron vessel—not tin or porcelain) which can be closely covered, and pour over the herbs three quarts of soft, boiling water; let simmer until the water is reduced one-third; take from the fire and leave in the pot for twenty-four hours, then strain, add the alcohol and bottle. The alcohol is to keep the decoction from souring too soon. Wet the hair and scalp with this lotion very thoroughly, every night, massaging the scalp for ten minutes, all over the head. In the morning, take a little weak salt water, and with the finger-tips, rub it well into the scalp—not on the hair—for ten minutes. Strong sage tea alone, made and cooled in an iron pot, is very strengthening for the hair roots, and may be made a little at a time, so as to keep it sweet. The above tonic is something in the nature of a stain, and should be applied to the scalp early enough to thoroughly dry before retiring for the night, as it may otherwise stain the pillow.

Home-Made Cords and Tassels

Cords and tassels for use in making Christmas presents are easily made at home, and the material used may be wool yarn, twine, knitting cotton, linen, carpet-chain, or silk thread, as one may choose. For the cord, take eight thicknesses of the twine, yarn

or thread, about three yards in length. With some one to help you, stand sufficiently far to have the line held tight; twist these together until they have a tendency to curl into knots. Put both ends in the hands of your assistant, your self taking the middle, which is now the end, but no further twisting is necessary. Grasping it a foot from the end, run your right hand down the length thus released, all the time keeping the part between yourself and assistant drawn tight; move your hand up another foot or so, and repeat, rubbing your hand down each time in order to smooth out any tendency to "kink." The cord will shape itself nicely.

To make the tassel, wind the thread or twine around your two fingers about one hundred and fifty times, then clip off, keeping as smooth as possible so as to make an even tassel. Tie one of the finished cords in the ring just formed, using only one knot, and hide the ends of the cord by slipping it under what will be the head of the tassel; now use a length of twine from the ball, doubling it for strength, and leaving tolerably long ends so they will reach to the bottom of the tassel, and be trimmed even with its edge, wrap this tightly three-quarters of an inch (according to coarseness or fineness of the material used) below where the cord is tied, around both sides of the ring, thus forming a head or ball for the tassel. Cut through the other end of the tassel and trim even.

It is a pretty and inexpensive custom to remember one's absent friends with a postal card message, conveying the compliments of the season. Such a token is not only inexpensive, but by no means burdensome to the friend, who will instinctively wish to "return the compliment," and it conveys precisely the same affectionate greeting and desire to please as a box or package, or any expensive gift, which may cost us more than we can afford to bestow, and worry the friend who may wish to "return" the greeting.

Pickling Beef and Hams

The standard recipe, one which has always given satisfaction and the very nicest and sweetest of hams, shoulders, etc., is as follows: Pack the meat into a barrel; then boil together six gallons of water, nine pounds of salt, six pounds of light-brown sugar and one quart of good molasses. Remove the scum as fast as it rises; take the boiler off the stove, and let the pickle get cold. Dissolve six ounces of saltpetre and add to the brine. Pour this over the meat until the meat is covered, put on the meat a clean, hard-wood board, and on this put a weight sufficient to keep the board under the pickle. If mold should form, pour the brine off, boil and skim well for a few minutes, let get cold and again pour over the meat. Always keep the meat weighted down under the brine, as a small piece sticking up out of the brine is enough to spoil the whole mess.

Requested Recipes

Cream Waffles.—Beat two eggs with a pint of sour cream; add a teaspoonful of salt with flour to make a thin batter. Beat all together well, and

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.

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