



# The Home Department

Conducted by Helen Watts McKee

## Life's Tragedies

Thou art not to be pitied, who hast known  
The threat of midnight when the fore-lands moan  
And all the winds are out;  
Dread and despair and anguish—the great things  
That sit like crowns upon the brows of kings  
Or that queens weep about—  
If by these only thou hast been accursed,  
Grieve not too much; for these are not the worst.

It is the slow and softly dropping tears  
That bring the furrows to man's face;  
The years,  
Falling and fall'n in vain,  
That turn the gold to gray upon his head;  
And the dull days to disappointment wed,  
And pain that follows pain  
That makes life bitter in the mouth,  
and strew  
The dead with roses, but the quick  
with yew.

Better a wide and windy world, and scope  
For rise and downfall of a mighty hope,  
Than many little ills;  
Better the sudden horror, the swift wrong,  
Than doubts and cares that die not,  
and the long  
Monotony that kills;  
The empty dawns, pale stars and narrow skies,  
Mean hopes, mean fears, mean sorrows  
and mean sighs.  
—Gerald Gould in the Spectator.

## The Athletic Woman

The athletic woman has come to stay. She has created a new standard of physical perfection, and has shown how all who wish may attain to it. No longer can a woman say that she "can't help" her stooping shoulders, narrow chest and weak, flabby muscles. She can remedy such defects; she can send the rosy blood to her sallow cheeks and make it stay there; she can fill up the hollows in her neck and develop her bust by simply learning appropriate exercises and practicing them for at least twenty minutes every day. The results are so well worth this small amount of exertion that it is surprising how few women avail themselves of so inexpensive a method of securing health and well-being for themselves.—Farm and Fireside.

## Our Occidental Sisters

There is never any change of fashions among the Japanese women; their housekeeping is so simplified that they are not hurt by the jars and frets that rack the nerves and prematurely age their western sisters. The Japanese housekeeper has no draperies, no dust-traps in the shape of superfluous ornaments. People put off their shoes on entering the house, so no mud and dirt are brought in. Japanese women have no heart-burnings over euchre-prizes

## BETTER THAN SPANKING

Spanking does not cure children of urine difficulties. 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.

and "bridge" stakes. They never have to compose club-papers on subjects concerning which they know nothing. They never sit up nights planning how they may outshine their rivals in dress at some social affair. They do not bother their brains with schemes for marrying their daughters to rich foreigners. They never have to give eight-course dinners with two-course pocket-books. They live simple, peaceful lives and live them long. — Housekeeper (Minneapolis).

## Fashion Notes

The most practical of the underwear novelties this year is the circular French drawers. They are cut on such wide lines at the bottom that they make it possible for a woman to dispense with wearing a short petticoat, as they satisfactorily take its place. Then they are cut to fit the hips with the same smoothness as the most approved imported petticoats. At the waist-line they are finished with a bias band, through which a draw-string is run. The slight fullness on the hips is taken in with darts. The drawers may be trimmed elaborately or plainly, as one's taste may dictate. A very pretty finish would be a tucked and lace-edged ruffle for each leg of the drawers, which should be headed with ribbon-run beading.

Things Dutch are all the go with the smart girl this winter. For the past year she has been surfeited with things Japanese, but it is to Holland that she is now looking for a new inspiration. So far, it is but a simple little Dutch way of arranging the hair, and as yet it is only the prettiest girls who are adopting it. Let the plain girl beware of it, for its simplicity will only intensify her plainness; but if she is very pretty, and with just a touch of quaintness in her style, she will be twice as pretty wearing her hair in the new Dutch style. She must part her hair in the middle and then braid each half of it; the braids must then be brought close together at the nape of the neck, crossed and drawn up, encircling the crown of the head and fastening one under the other.—Housekeeper.

## For Catarrh

There is no end to "sure cures for catarrh," and here is one that is vouched for by one of our readers: Pure goose oil and oil of tar, to be had of the druggist. Put a little of the goose-oil in a teaspoon, and in this a drop of the oil of tar; warm it and hold the head so that it can be dropped into the nostrils, one at a time; while dropping into one nostril, hold the other closed and draw the oil up into the head by sniffing; then treat the other the same way. This should be done every night, before retiring. If the treatment is continued faithfully, it is claimed this will cure the worst cases, so far as local applications can cure. Generally, constitutional treatment is necessary, also, with any local treatment. Tar is cleansing and oil is healing. The tar and oil must be mixed when in the spoon, by stirring.

## For Toothache

To make a "pepper-bag" for the cure of toothache, cut a circle of muslin three-fourths of an inch in diameter; fold this cloth over and face one side with a very thin piece of rubber cut the same dimensions of the cloth and

cut in halves. The rubber will face two plasters, as the muslin side is left to come in contact with the gum, while the rubber is to protect the lips from the fiery compound and prevent blistering. Fill the cloth bag with a mixture of equal parts of cayenne pepper and pure ginger, and with a fine needle and thread stitch together the edges, over and over around the outer edge. Apply this directly to the root of the ailing tooth—not the gum, on the inside of the mouth. The sender of the above is a dentist's wife.

Another remedy for tooth-ache is as follows: Salt, moistened with a little vinegar, heated and put into a flannel bag, then bound onto the face, while the gums and teeth are to be rubbed well with baking soda, will often relieve the trouble when other remedies fail.

## Query Box

Catalpa.—Send your question to the secretary of agriculture, Washington, D. C.

B. Bachelor.—I know of nothing more helpful than the remedies I have given in former issues of recent date. Look them over.

Bernice.—Exercises taken as a flesh-reducer should be vigorous enough to throw one into a profuse perspiration, and should be persevered in.

M. S.—An earthen crock or bowl large enough to allow space for whipping the ingredients together is the best cake-mixing vessel. Two small bowls should be at hand for whipping the yolks and whites of eggs separately.

Emma S.—The material for making Flemish lace is plain tape braid, with thread for filling, two or more sizes of which are called for. Any store which deals in fancy-work material can supply you with instructions for making it.

S. F.—Electric seal is the name given to the skins of the nutria, muskrat, cat and rabbit after the coarse hair is plucked and the soft fur underneath is dyed. Alaska sable is the name of the prepared skunk skins.

Mrs. S.—Simple curtains of dotted Swiss muslin, with a three-inch ruffle on one edge and across the bottom, hanging from the top of the window to the floor, would be nice. At the top should be a deep hem to be used as a casing through which the pole is to be passed, and the poles must rest in brackets.

Helen R.—For baking a loaf cake, heavy blocked or sheet-iron baking pans should be used. For layer cake, the tins having an adjustable bottom are best, but the regular "layer-cake," shallow pans are quite satisfactory, if kept thoroughly clean and well-greased before putting in the dough. Cake tins should be used for no other cooking.

H. K.—No man has a right to presume on the forbearance of any woman by neglecting his personal appearance when offering his company to them. It is often that this shortcoming is due rather to ignorance and thoughtlessness than to indifference or intentional slight. A man need not be a dude, but he must be a gentleman, and fine clothes are not so much needed as care of what he wears. A slovenly man is as unpleasant to look at as a slovenly woman, and as little excusable.

## Contributed Recipes

Onion Pie.—Take one and one-half pounds of lean beef, cut into pieces

the size of a small hickory-nut; simmer gently in a small quantity of water until quite tender, season with pepper and salt. Line a good-sized pudding dish with plain pastry and half-fill it with sliced onions; put the cooked meat on top, reserving the gravy; cover with pastry and cut a slit in the top of it, cover this with buttered paper and bake in a moderate oven about an hour and a half. When done, heat the gravy that was reserved, pour it over the pie and serve hot.

Southern Golden Fleece.—Break fine and melt in a granite pan half a pound of rich cheese; when soft, add one cup of rich cream and a pinch of red pepper; when thoroughly blended, break on the cheese five fresh eggs. Cover for two minutes. When the whites begin to set, remove the cover, add a pinch of salt and beat briskly for a few minutes. It will rise in a yellow foam, tender and delicious and should be served on buttered crackers heated in the oven.—Mary R.

Orange Filling for Cakes.—The juice of one lemon and two oranges, one cupful of water, butter size of a medium-size walnut and one fresh egg. Beat all together and, in a double boiler, boil slowly, stirring constantly, add gradually one large tablespoonful of corn starch previously dissolved in a little cold water, and cook-until of the consistency of rich, thick cream. Cake-filling and boiled icing should always be cooked in a double boiler and stirred constantly until well done.

Sugar-Cured Beef (fine).—For 100 pounds of beef (cut as for cooking and all bones removed), take five pounds of salt, five pounds of sugar (good brown) and three ounces of saltpetre, well mixed. Rub each piece of beef with the mixture, place in a stone jar; put a weight on the beef, and in a few days it will be covered with a liquid and will keep for two years, and is just as good as fresh beef.—T. J. Dunbar.

## Estimated Measurements

A teacup is estimated to hold about four fluid ounces, or one gill.

A wine-glass, two fluid ounces.

A tablespoon, half a fluid ounce. A teaspoon, one fluid drachm.

Four teaspoonfuls make a tablespoonful.

Four tablespoonfuls of liquid, half a gill, quarter of a cupful, or one wine-glassful.

One pint of liquid, one pound. Two gills of liquid, one cup, or half a pint. One kitchen cup, half a pint.

One heaping quart of flour, sifted, one pound. Four cups of flour, one quart, or one pound.

One rounded tablespoonful of flour, one half ounce.

Three cupfuls of corn meal, one pound.

One cup of melted butter, half a pound. One pint of butter, one pound. One tablespoonful of butter, one ounce.

Ten eggs, one pound.

Two cupfuls granulated sugar, one pound. One pint of granulated sugar, one pound.

## Requested Recipes

Sour Milk Gingerbread.—Half cupful of good molasses, half teaspoonful of soda, half teaspoonful of salt, one tablespoonful of ginger, half teacupful of softened butter, one cup of sour milk, two and one-fourth cupfuls of pastry flour, with another half-teaspoonful of soda mixed and sifted with it. If sour cream is used, no butter is needed.

Coffee-Cake. — One-fourth cupful of butter, half cupful of sugar, half cupful of raisins, seeded and cut in pieces, half cupful of molasses, quart cupful of boiling and strained coffee, half a nutmeg, grate two eggs, two and one-half cupfuls of flour with three teaspoonfuls of baking powder and half teaspoonful of salt sifted and mixed