



The Home Department

Conducted by
Helen Watts McKee

Our "Litter-ary Room"

"Is it here that she does all her writing?"

Just here, friend, and just as you see—

One curly-head perched on the table,
One baby asleep on her knee.

'Tis the cosiest room in the household,
With furniture battered and bruised;
Where the carpets and chairs and the table

Are never too good to be used.

Here the little ones come with their sorrows,

Or bubble with laughter and noise;
Bring sweetest caresses and kisses
Along with their books and their toys.

There's an unceasing patter of small feet,

Of opening and shutting of doors;
The floor, early well-swept and tidy,
Is covered with spoils and with stores.

In the earliest dawn of the morning,
There's a scampering down the stairs,

And everyone knows of their coming—
They whisper so loud their affairs.

And when the day's lessons are over,
Come others, with chatter and song,
For where should they go but where mother

And everything cosy belong?

If the threads of their lives get entangled,

She quietly straightens them out,
And gathers them, sweetly united,
Her little, low rocker about.

When the last one is under the covers,
The day, with its restlessness,
wrought,

She turns to the loom of her fancy
And weaves into language her thought.

And "you don't see at all how she does it?"

Well, stranger, I'm none the more wise;

But I know she's the best wife and mother,

And her work-room, a new Paradise!

The Fighting Spirit

A few days ago, I heard one say of a man who was always getting into trouble through a quarrelsome disposition, "He is a poor fighter, and will always get the whipping." His friends at once interposed the information that he "always whipped his man." But the first speaker shook his head. "The trouble with him is, that he always fights the wrong man. Brute force and mere muscle may prevail against outer foes, but the inner man is the one most in need of punishment."

And the words set me to thinking. So few of us realize that in our own nature lurks the strongest foe, and that daily, hourly, we are falling before his blows. If we would but fight our own quarrelsome self, fighting "to a finish" whenever we went on the defensive,

we would soon see what an arrant coward we have to deal with. If we would only set out to conquer this wretched "bully" that is the cause of so much disaster to us, we would find ourselves greatly bettered by the victory. It is not always easy to settle this foe; and we must determine to go on fighting until we conquer, prepared for a stubborn resistance and many treacherous flags of truce; but there must be "no quarter" shown. We must be always on the defensive, always on the watch; and even then, despite our utmost endeavor, it will not always be possible to prevent friction. Some aggravating thing will occur; some pinpoint touch an irritable nerve, and up will start this ever-present foe, ready to shove us into trouble, and show us how very weak we are.

We must fight this inner foe, fighting him to the death. Every little fret, or every little aggravation must be regarded as discipline, and as an exercise for the development of the really true and praiseworthy fighting spirit. Remember, that moral strength and bravery are the only kinds worth having. Mere physical, brute force, is a poor thing to depend on in this world, where the battle is not always to the strong, and where bulk may not always compete with brains. Let us cultivate the true fighting spirit, and thus fit ourselves for winning the only victory worth having.

For the Kitchen Garden

Notwithstanding the fact that the ground is apt to be covered with ice and snow at this season of the year, thought must be given to the making of the kitchen garden, to insure the most gratifying results. The seedsmen's catalogues must be sent for and carefully studied, lists of things we want to grow decided upon, and seeds and roots sent for. One of the profitable things to have, yet which seldom is had by the kitchen gardener, is a bed of kitchen herbs. Sage, thyme, sweet marjoram, tarragon, mint, sweet basil, parsley, celery, onions, houselook, and many other flavoring herbs are easily grown from seed, or plants of nearly all can be had of the nurserymen or market gardener. Parsley and tarragon should be gathered and dried just before flowering, in June and July, and mint may be cared for at the same time. Thyme, marjoram and summer savory, basil and sage and others may be cared for in July, August and September. They should be gathered on a sunny day, and dried in the shade; some prefer to cure them by artificial heat. When dried, they should be rubbed to a powder between the hands and put away in air-tight tin cans or fruit jars. Many of these herbs are perennials and, once established, will last for years, and will pay good rental for the ground they occupy. For use during the summer months, one can grow a few stalks of celery, using the green leaves as flavoring in many things.

Home Chats

The closing words of the first chapter of the new year are being written, and a hurried glance over the finished pages shows a record of sunshine and storm, balmy airs and blizzards, while the cold, cruel side of winter presses icily against our hearts. A prophesy of dark, tempestuous days rises before us, and we think of the many, many needy ones to whom the coming days

will bring suffering and discouragement. We wish we could temper the winds to them, and bring warmth and sunshine to their homes and hope and courage to their hearts. So we send them thought-waves, freighted with loving sympathy and sincere good wishes, and hope that in some way it may be given us to help them into a happier atmosphere.

Many beautiful letters and postals, with a nice sprinkle of lovely Christmas and New Year cards, came to me from our band of readers. All were full of inspiration, while many were suggestive of new work, and a few kindly critical, pointing to ways of improving the work of the Home department, while, as a whole, the interest shown, in the growing work for good of the department was very cheering indeed. For all this, we are grateful, and shall bear your words and good wishes with me in my work for the coming year. A few letters, postals and cards gave no address, so I could not thank the senders except through these pages. But all were joy-bringers, and as such, added to my "treasure-box."

Let us begin the new year with high ideals; we can not have them too high, even though we feel that we may not be able to reach them. It is better to aim high and fail, than to stoop low, and grow deformed in spirit by the attitude. It is our duty to try to awaken in others a spirit of aspiration, and we should add all the brightness and beauty we can to the world about us. We can do this by being kind, charitable to the faults or failings of another, sweet-tempered, sympathetic and helpful in our daily lives. We can always have our "windows open to Jerusalem," open to the sunshine, if there be any, and if not, open that the light of our own clear-burning lamp may shine upon the darkened way of our benighted neighbor.

About Our "Query Box"

Complaint has reached us from a valued reader that queries sent in to us have received no attention. There may be others. In an office to which so large an amount of postal matter is daily delivered as that which comes to The Commoner, it is possible, now and then, that a letter or letters may be overlooked, mislaid, or sent to the wrong department editor, but great care is taken to guard against this, and we hope there are few such cases. But, friends, if you send in a query, or queries, and within a reasonable time do not receive an answer, please repeat the question, being careful, if it is intended for the Home Department, to so direct it. We have no favorites; no waste-baskets; and we want to help every one of you, in any way we can. You can not please us better than to keep me busy "finding out things."

Another reader asks why it should require two weeks' time before an answer can be had through the paper. There are several reasons: First, because of the large amount of letters and postals received, which has to be sorted out and sent to the various heads of departments; second, because some of your questions require more careful and reliable answers than I can give, and they have to be submitted to wiser heads, and I have to await their reply; third, because my "copy" for any future number of the paper must be in the hands of the managing editor before the current is-

sue of the paper is off the press, that the working force may not be delayed. But of this be assured: I am anxious to help you, and to give you the most reliable help I can obtain, and with as short delay of time as possible, and we want you to keep on sending in your "queries," and if I can not answer them, I am pretty sure to know who can.

For the Sewing Room

The seams on woollen materials must be indicated with chalk. If the material has a right side and a wrong side, the seams must be marked on the side on which they are to be sewed. A tracing-wheel will make no impression on woollens. In using paper patterns, be careful to read over the di-

What Sulphur Does

For the Human Body in Health and Disease

The mention of sulphur will recall to many of us the early days when our mothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic and cure-all, and mind you, this old-fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a tablespoonful of the crude sulphur.

In recent years, research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolates coated pellets and contain the active medicinal principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health; sulphur acts directly in the liver, and excretory organs and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and can not compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins while experimenting with sulphur remedies soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin disease as this remedy."

At any rate people who are tired of pills, cathartics and so-called blood "purifiers," will find in Stuart's Calcium Wafers, a far safer, more palatable and effective preparation.

A NOTRE DAME LADY'S APPEAL.

To all knowing sufferers of rheumatism, whether muscular or of the joints, sciatica, lumbago, backache, pains in the kidneys or neuralgia pains, to write to her for a home treatment which has repeatedly cured all of these tortures. She feels it her duty to send it to all sufferers. FREE. You cure yourself at home as thousands will testify—no change of climate being necessary. This simple discovery banishes uric acid from the blood, loosens the stiffened joints, purifies the blood, and brightens the eyes, giving elasticity and tone to the whole system. If the above interests you, for proof address Mrs. M. Summers, Box 169, Notre Dame, Ind.