



# The Home Department

Conducted by  
Helen Watts McVey

### Why Do We Wait?

Why do we wait till our ears are deaf  
Before we speak our kindly word,  
And only utter loving praise  
When not a whisper can be heard?

Why do we wait till hands are laid  
Close-folded, pulseless, ere we place  
Within them rose sweet and rare,  
And lilies in their flowerless grace?

Why do we wait till eyes are sealed  
To light and love in death's deep  
trance—  
Dear wistful eyes—before we bend  
Above them with impassioned glance?

Why do we wait till hearts are still  
To tell them all the love in ours,  
And give them such late meed of praise,  
And lay above them fragrant flowers?

How oft we, careless, wait till life's  
Sweet opportunities are past,  
And break our alabaster box  
Of "ointment" at the very last!

O, let us heed the living friend  
Who walks with us life's common  
ways,  
Watching our eyes for look of love,  
And hungering for a word of praise!  
—British Weekly.

### Planting Sweet Peas

These generally prove most satisfactory when planted as early in the spring as possible. As soon as the ground can be prepared, rake rather deep furrows running north and south, or northeast and southwest, and sow thickly in these furrows, covering only one-fourth to one-half inch deep; if covered too deep, the peas will rot. When two or three inches high, hoe the soil in about the stems, and continue this process at intervals as the plants grow, until the furrow is filled and the surface of the soil is level. The roots will then be in the ground deep enough so that the heat of the summer will not be so likely to check the growth and cause the yellowing of the foliage and death of the plant. In shallow planting, where the sun's rays are hot, the heated soil almost invariably destroys the plant before the blooming period is reached. It will not hurt the plant to freeze. Order your seeds of a reliable nurseryman and plant early.

### Chapped Hands

"About these days," the boy on the farm, or the one who does rough work in wind and weather, and not infrequently the boy who does nothing but play, finds his hands giving him a great deal of trouble. Not only are the hands rough and dirty, but they are also a source of great pain from "chaps" and deep cracks which bleed whenever they are touched. Much of this troublesome condition is due to the carelessness in a damp state exposing them to the action of wind and cold; but not infrequently it is the result of a scor-

### 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.

butic condition of the skin itself, or a scrofulous state of the system. In either case, much can be done by the proper care as to cleanliness.

In the first place, the hands must be washed clean; soak them in warm water in which enough borax has been dissolved to give the water a slightly slippery feeling. Soak, until the rough, hard edges can be rubbed away from the sore places; then lather the hands with some pure vegetable-oil soap (under no circumstances use cheap laundry soap, or the "home-made" lye article) and dip them into corn meal—such as bread is made of—and scrub, one with the other, until you are sure they are clean. Rinse in tepid water and dip again into corn meal, moisten well with sharp vinegar and give them another good rubbing, finishing with a scouring in dry corn meal, until no moisture is left on the skin. Follow this with a little oil—olive, linseed, mutton tallow, camphor ice, honey, or diluted glycerine, drying it in with heat, rubbing before the fire. The corn meal is a natural cleanser, and the vinegar is very healing. If this is done at night and a little black shoe wax heated and dropped into and over the cracks, sticking a bit of soft paper on the wax while hot, and wearing gloves or mits made of any thin cloth, the greater part of the soreness will be gone by morning, and the remedy may be repeated at any time; once a day is enough, however, if one is careful to always dry the hands perfectly after washing and rub into them diluted glycerine or a little honey, or even a bit of mutton tallow.

For a scorbutic condition, after cleansing the hands as above, rub into the skin a little of the following ointment before going to bed, wearing gloves to protect the bed clothing. Take of citron ointment, one dr.; camphor, powdered, one dr.; white ointment, six drs., well mixed. Your druggist will fill the prescription for you.

### Home Chats

I wonder how many of our girls read our Home Chats? I know quite a few of them do, and I wish I were wise enough and entertaining enough to hold their attention to a subject in which they should be interested. One of these subjects is the taking care of mother. One dear, thoughtless girl said to me, when I broached the subject to her, "Why, what can I do? Mamma always takes care of me!"

I know our girls are not always to blame for the neglect of mother, because I was a girl once, myself, and I do not recall that I was any nearer a model daughter than are the girls of this generation—I think we are all about alike. Like our girls of today, it had never occurred to me to question mother's ability to take care of herself, or to suspect that she would not do it. I never gave the subject a thought, even when, at rare intervals, some one would hesitatingly ask me if I did not notice that mother was not as bright as she used to be; why should I, when mother never made any complaints? Mothers always spend their time and themselves in serving their families, and are always so resourceful that we have full confidence in their ability to "even things out," though they may tax their own life-fountain to supply the lack. Surely, mother can take care of herself.

But some day we see, or have pointed out to us the fact that mother is los-

ing her erect form; that face and eyes and hair are fading that she is getting yellow and wrinkled and leathery-looking; that she does not laugh or sing as much as she used to do, and has less time to wait on us, and that her slowness puts us to much inconvenience in doing without things. As time wears on, we find she goes out less, and says she does not care for new dresses or pretty accessories, and she grows careless of her looks until we find her looking shabby and threadbare when she goes out with us. I'm afraid we are sometimes a little ashamed of her!

Now, girls, if you notice any of these things taking place, it is a sure indication that mother needs being severely taken in hand by her daughters. The very best thing for you to do is to look her over carefully and find out where the trouble lies. I can help you to diagnose the case; I know what the symptoms mean, and can tell you the remedy for the disease. It means that mother is losing her youth; that she is degenerating into a mere drudge, a servant to her household. She is losing the strength to be mother, maid, companion and housekeeper all in one, and the struggle to go on bearing the burdens is making an old woman of her. She is dying at the top, and if things go on so, she will soon become a wreck of herself, old, ugly, decrepit and one-sided, instead of the dear, helpful, companion and counsellor our young years so much need. If we look into our own hearts, we shall be surprised to see how little we respect her, and how little we rely on her counsels.

Dear girls, this won't do. If you see any of the above symptoms, set right to work to reverse things. We must care for her before it is too late. Let me tell you, mother does care for pretty things, or she would not care for you, or be so anxious that you should have them all. Take some of her tasks upon yourself. Teach her the lesson of rest and rejuvenation. In short, make her "mind herself."

### For Sachet Powder

A very nice sachet powder is made by sifting together eight ounces of powdered Florentine orris root, ten ounces of rose leaves, twenty grains of musk, two ounces of lavender flowers and ten grains of sivet. This is called rose powder. A violet powder equally pleasing, in fact more preferred by those of extremely fastidious taste, is prepared by adding to one pound of powdered orris root one-fourth ounce each of powdered Bergamot peel and powdered acacia and twenty grains of musk.

Orris alone is much used as a sachet powder, but usually a trace of musk is added to aid in keeping its odor. Heliotrope powder is delicate and lasting. Odor is merely a matter of taste, as many of the most delicate perfumes are extremely obnoxious to many persons.

An exchange says: "Some women may be interested in politics, but we notice it takes two or three pages a week in the newspapers to satisfy the demand for recipes to remove moles, blackheads and face blemishes."

### Table Etiquette

Soup should be taken noiselessly from the side of the spoon. Olives are taken from the dish with a fork which is provided, but are eaten from the fingers, the flesh bitten from the stones.

Celery is broken into small bits, held between finger and thumb, and, like radishes, dipped in salt and bitten as desired. Pickles are eaten with a fork.

Unless a silver knife is provided, fish must be eaten with the fork alone. Meats, game and poultry are cut into small pieces, using a knife and fork, but under no circumstances is it permissible to take a bone in the fingers.

Bread is broken into small bits, one at a time and so eaten—never cut with a knife. At breakfast and luncheon, a small piece at a time is buttered and eaten. Bread should never be broken into soup, or used to wipe up gravy from the plate; it may serve as a "push piece," though a knife is better.

Salads are eaten with a fork alone; lettuce leaves are cut with the side of the fork and folded into convenient mouthfuls. Cheese is cut into morsels with the knife and then placed upon a bit of biscuit or cracker and so conveyed to the mouth.

Fruit seeds and small stones should be removed from the lips concealed between thumb and fingers, but large ones should not be taken into the mouth at all. An orange may be cut, unpeeled, into sections, the seeds removed with the silver knife, the skin pushed back at the corners, raised to the mouth with one hand and the flesh torn from the bit of peel; an orange may be also cut in halves and the juice eaten with a small spoon. Peaches may be eaten in the same manner, or, like plums, pears and apples, cut in small sections and eaten from the fingers. Bananas should be cut in two, peeled and eaten with a fork.

Ices puddings etc., are eaten with fork or spoon—never with both as auxiliaries. A knife should never be used in cutting pie upon one's plate—use a fork always. If the plate is passed for a second helping of any dish, the knife and fork should be placed side by side on it. The tip of the knife should not at any time be rested on the edge of the plate or on a bit of bread with the handle on the table.—Ladies' Home Journal.

### The Uses of Salt

"No doubt every housewife has observed the change which is produced in meat by salt. It seems as if a sudden heat had shrivelled the flesh. The fibres contract, the volume of the meat is sensibly reduced, and the juice runs out of the pores. Thus it is that scientists account for the fact that, although the salt may be perfectly dry, it is nevertheless dissolved by the meat juices into a brine. This extraction of the meat juices would in itself cause no great harm, but the salt dissolves out the albumin, phosphoric acid, potash and creatin of the flesh—substances which constitute the most important nutrients. The harm done, therefore, consists in robbing the meat not only of its fluids, but also of the very constituents that the human body needs for the preservation of health. This is why long feeding on salted meats ultimately causes disease. Vegetables containing potash salts and little common salt are then needed to repair the ravages that the body has suffered. If we cannot live on unsalted food, neither can we thrive on salted meat, robbed of its invaluable potash.—Twentieth Century Home.

### Pretty Dresses

I am not so sure that the love of pretty dresses and dainty accessories springs solely from vanity, or the desire to appear well in the eyes of the other sex. Many women dress neatly at all times, whether they expect "to be seen of men," or not. With them, the habit springs from an instinctive love of beauty and a sense of fitness. With these women, cost is seldom a question; rather suitability for the hour and the work in hand; but above