



# The Home Department

Conducted by  
Helen Watts Meyer

April.

Ah, ha; 'neath the scattered dead leaves as I pass  
I'm sure now I spy it—the green of the grass!  
The gray mist is clearing, and now I can see  
The bud, aye, the leaf, on the bush and the tree!  
List! The song of the blue bird! The voice of the stream!  
Oh, heart! Do I hear them or do I but dream?

Now there's a flow'r! From its nook see it peep.  
There are more now—and more! They were only asleep!  
Asleep and awaiting the sound of my voice,  
And now they are waking—I sing and rejoice!  
They will dance 'neath the stars, and in morn's tender glow,  
While I'll sing them the songs that I sang long ago.  
I am glad, I am gay, and no more do I sigh,  
For I find naught but joy—searching low, searching high.

INEZ C. PARKER.

## Home Chats

The air is so full of the spring sunshine and sweetness that I find there is nothing that will "talk itself" so well as the subject of planting seeds, pruning shrubbery and training vines. If you have not yet supplied yourself with seeds, you should do so at once. Most of the shrubbery can be transplanted now; indeed, much of it must be, for a delay in setting out may cause you the loss of the plant, and, at any rate the year's blossoming. April is a busy month with the garden maker, and there is much to do in the way of pulverizing and manuring the soil. New or fresh manures are not to be recommended in the flower garden. Old, well rotted manure is the best, and this can be obtained, generally, from any old stable-yard. If not, there are commercial fertilizers. But the barnyard manure, well rotted, is best for almost all things.

Do not forget to set out plenty of perennials, both the shrubbery and the herbaceous, if you have room for them. Annuals are lovely, but for the busy woman, the perennials or biennials call for less work, and are usually satisfactory. Do not neglect to plant for fall flowering. Now is the time to start your chrysanthemums, and there is nothing more lovely than these late bloomers, or more easily raised. Many of them are perfectly hardy, and will live from year to year where planted.

Do not undertake more than you know you can accomplish. Many things may arise to take up your time. If you are a busy woman, get the hardy kinds that take care of themselves and thank you for any extras you can throw in. A small bed of thrifty, well cared-for plants is far more satisfactory than five or six beds of sickly, neglected little things that seem pleading, every time you pass them, for the attentions you cannot give them. One of the best helps to the flower lover who would have thrifty plants is a good floral magazine, and they can be had very cheaply; many of them advertise a lot of plants "thrown in" as an inducement for your subscribing.

## For the Sewing Room

It is just as well to be "in the fashion," if the fashion be a sensible one,

as to be out of it. A good fashion magazine will be a great help to the home seamstress in many ways. By consulting its pages, one may find many helps and suggestions that will assist in successfully and satisfactorily making over even the most hopelessly out-of-date garment. It is not necessary, in order to be becomingly, or even stylishly dressed, that you spend a fortune on your clothes. Many of the new styles lend themselves quite kindly to the making up of comparatively cheap goods, and the advice and suggestions of the fashion editor is often of great help in making over last year's gowns.

Many of the new tailor-made skirts are like the old, flat skirts with no fullness at the top, and very scantily, if at all, trimmed around the lower edge. The new skirts, however, are made with a wide, triple box plait, giving the back of the skirt a very broad effect; stitching the plaits to a depth of three inches and pressing well into shape is recommended for stout figures. The new spring skirt may be cut gored, circular or circular-gored, but the general note is fullness, with a very simple arrangement of trimming. For skirts that must be laundered, the many gored patterns are most suitable; the pattern for all wash, cotton materials are known as the gored flare style.

Pipings will be much used, and a touch of color may be thus given to even a plain garment, which will add much to its becomingness. Pipings may be used to outline yokes, vests, collars, cuffs, and for box plaits and ruffles. Wooden button moulds of various sizes will be covered with goods of the same material of the dress itself, or like the piping, largely used on coats and gowns. Small remnants may thus be used up, and color and freshness given the garment.

Tight-fitting waists are to be worn, and these must be carefully boned. Whale bones are much used, but featherbone is quite popular and much less expensive.

Garments that are to be made over should be ripped apart, all threads picked out, sponged, pressed and put where it will be all together when called for. If the material is to be dyed, that should be attended to as soon as possible. It is a good idea to have all remnants, of whatever material, sorted out, smoothed, and ready for use if needed. Uses may be found for remnants of nearly all kinds, in the styles of today.

## For Laundering Woolens

In the Ladies' Home Journal, we find the following, which we give in answer to query of Mrs. E. G.: Dissolve white soap; put about two pailfuls of warm water in a tub, and add enough dissolved soap to make a heavy suds. Dissolve two tablespoonfuls of borax in a quart of boiling water; pour half of this into the suds; shake the white flannels free from dust and put them in the suds; work the suds through the articles by lifting, squeezing and kneading; never rub or twist woolens. A washing machine is excellent for all woolen fabrics. Squeeze the water from the washed article; rinse in two waters having about the same temperature as the washing suds; put a cupful of dissolved borax in each rinsing water, and pass through the wringer. (If you have no wringer, put the article in a square of strong cloth and squeeze as free as possible from water; shake well and hang out to dry.

Before quite dry, take from line and press with a moderately hot iron, and have a piece of cheese cloth between the iron and the flannel. Have fresh suds and proceed in the same way with the colored flannels.

Alkalies, even when weak, tend to dissolve and gelatinize wool fibre, and should not be used. Ammonia softens and cleanses wool, but has a tendency to make white goods yellow. High temperature has a tendency to dissolve and shrink wool fibre, therefore the water in which woolen goods are washed and rinsed should be only comfortably warm. Flannels should not be dried near a hot stove or register.

## For the Traveler

Already we are planning for the trip to the Lewis and Clark exposition, at Portland, Ore., and many things must be considered. For those who attended the exposition at St. Louis, not so much advice will be necessary. For making the trip, the experienced traveler will carry with her cold cream and almond meal; the latter will soften the hard water and enable her to care for her hands. Cold cream, smeared thickly on the face and neck at intervals, rubbed in well and removed with a bit of absorbent cotton, or an old handkerchief, removes the coal dust and cinders. On the train, light goods or cotton dresses should not be worn. Some plain, comfortable shirt waist, harmonizing in color with the walking skirt (which should be of mohair, or some other dust proof fabric), from which the dust may be readily shaken; stout, easy shoes with rubber heels; plain cotton stockings, and a pair of comfortable slippers to wear to the dressing room and to rest her feet in occasionally during the day, a soft cap, to be worn instead of the hat, and a long, plain, dark wrapper to wear at night and to the dressing room—China silk, if possible—are the necessities in the way of outward dress. Thin, gauze underwear, if the weather is suitable, or heavier combination suit if the weather is cool, carrying as many more as the trip demands. A mere girdle should take the place of the corset. Pongee "kickers" are better than petticoats, and China silk corset covers may be worn, as, like the "kickers," they roll up in a mere wisp. Lavender salts and a vial of aromatic spirits of ammonia should be carried for headache. Breakfast should consist of figs and graham biscuit, as it is a mistake to overload the stomach when obliged to sit all day in the car. Whenever the train stops long enough, get out and walk swiftly up and down the platform, for exercise.—Selected.

## Cold Water in Cholera Infantum

A few weeks ago, there died in St. Louis, a physician, Dr. Henry F. Hendrix, who was the originator of the treatment of cholera infantum by means of cold water, saving the lives of many children thereby. Before his discovery, it had been claimed that the administration of cold water in cases of cholera infantum would result fatally. Dr. Hendrix thought differently, and, studying the disease, came to the conclusion that water would be a cure, and struck out along a new line. The treatment adopted by him was simply the administration of cold water to the little sufferers, in large quantities, followed by the use of fifteen grains of subnitrate of bismuth every two hours and some bicarbonate of soda in water. During the summer of 1880, he treated his first patient with the new cure, successfully. In 1888, he

read a paper before the St. Louis Medical Society in which he informed the medical world of his discovery. The treatment was adopted by many physicians, and thousands of children were saved thereby.

Speaking of his methods, he said: "The glass of water was presented to the little patient and eagerly drained to the last drop, and, after five minutes, the child vomited it up and was as anxious as ever for water. I presented a second glass to the child, which was as eagerly imbibed as the first, and a third and fourth glass shared the same fate. They were all vomited up but I gave orders to continue the treatment until the thirst was appeased. In the meantime, 15 grains of subnitrate of bismuth was ordered to be given every two hours, and a small portion of bicarbonate of soda in water, as follows: Bis. sub. nit. 180 grains divided into twelve powders, one to be given every two hours." His methods have been widely copied. It is not so very long ago since water—especially cold water—was strictly prohibited in many diseases, water being considered poison in many cases; but the world is awakening to a better understanding of both diseases and the specific remedies at hand prepared in nature's own laboratory.—Post-Dispatch, St. Louis.

Before using any prescription found on the printed page, it would be the part of wisdom to submit it to your physician, as the type's often "say things" which it was never intended they should say, and the changing of a letter or figure often makes a very great difference in the given ingredients in the printed recipe.

## For Baby's Comfort

In a large measure, the comfort and good health of the baby depends upon the attention given to the matter of personal cleanliness. A neglected baby is seldom a healthy one, and not always a comfortable one. Especial attention should be given to the nappies, not only as regards frequent changes, but seeing that they are properly washed and cared for. Chafing is usually the result, not only of neglect to change them at the proper time, but of improper washing and drying them. One should never be used a second time without washing, and when the change is made, the discarded cloth should be at once put into a pail of water kept for that purpose, and at least once a day—in hot weather oftener—the cloths should be well shaken out of this water and dabbled up and down in clear water, then washed in a good warm suds, boiled about twenty minutes, washed out of the "boil" water, the soap suds well rinsed out of them, and hung to dry, if possible in the sunshine, but certainly out of doors. When perfectly dry, fold as the cloth is to be worn, but it is not necessary to iron them (and many contend that it is better not). If the skin has become chafed from lack of attention, or if a rash should break out from the same cause, keep the skin well rubbed with pure sweet oil, over which sprinkle thickly corn starch or talcum powder. Do this every time the baby is changed, and the skin will heal rapidly. If the skin should become very sore at first, do not bathe the baby until it begins to heal, as water is irritating to the chafed parts. When you begin putting him in the bath again, use for the bath a cupful of table salt, or sea salt, to the tub of water; or put a pint of bran into a cheese cloth bag and squeeze it under the water for five minutes. Keep the baby clean and sweet smelling, no matter how cheap, or how elaborate his clothing may be. It is not always the baby who is the finest clad who is the best taken care of.—Selected.

AN OLD AND WELL TRIED REMEDY.  
MRS. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.