



The Home Department

Conducted by
Helen Watts Mays

The Beyond

It seemeth such a little way to me
Across that strange country "The
Beyond,"
And yet not strange, for it has grown
to be
The home of those of whom I am
so fond;
They make it familiar and most dear,
As journeying friends bring distant
regions near.

So close it lies that when my sight is
clear
I think I see the gleaming strand;
I feel that those who have gone are
near—
Come near enough sometimes to
touch my hand;
And oft I think, but for our veiled eyes,
We would find heaven 'round about
us lie.

To me it does not seem a day of
dread;
And when from earth I take my
flight
To that still dearer country of the
dead,
To join the loved in that land of
light;
I love the world, yet shall I love to
go
And meet the friends who wait for
me, I know.

I never stand beside a bier and see
The seal of death on some beloved
face
But that I think one more to welcome
me
When I shall cross the darkening
space
Between this land and that celestial
sphere—
One more to make the strange "Be-
yond" seem fair.

And so, for me, there is no sting to
death;
And so the grave has lost its vic-
tory.
It is but crossing o'er with bated
breath
And white-set face a little strip of
sea
To find the loved ones waiting on the
shore,
More beautiful, more precious than
before.

MRS. J. C. RENSHAW.
Charlottesville, Va., August 10.

Home Chat

We all want to be accounted at least
"fair to look upon," and the desire
extends from the tiniest tot at the
top of the ladder, bathed in the
roseate dews of the morning light
from which it has just sprung, to the
aged and feeble pilgrim, tottering
along the banks of life's face-congeal-
ing stream. We can hardly conceive
of such an anomaly as a woman who
does not intensely covet beauty. And
this longing love of the beautiful is
not confined to either sex; the mascu-
line side has his vanities, too. In all
the walks of life, in every degree of
refinement or the lack of it, this de-
sire to be attractive crops out in vary-
ing degree, and we are slowly awaken-
ing to the fact that beauty is the birth-
right of everything that lives.

And we have always wanted our
own, though we knew not the means
by which to attain it, and, to further
bewilder us, custom has made it al-
most sinful, and surely a matter for
embarrassment, to be found employ-
ing the means by which "our own"
should come to us. Even yet, women
(and men, as well) purchase in secret

and apply in trembling fear of dis-
covery the "means to the end," avail-
ing themselves of all manner of silly
excuses if the fact happens to become
known. Much of this work is done in
ignorance that wrong applications, of
even the best means, may mean a frus-
tration of our designs, if not working
real harm to the case in point.

The word, cosmetic, did not origi-
nally mean washes and paints for the
face alone, but it meant all manner
of adorning, applied to every part of
the toilet, embellishing all parts of
the body, and, in medicine, going even
further than this. The ancient Jews,
Greeks and Romans were masters of
the art of cosmetics, and the Bible
gives lengthy directions for their uses
in many instances. We read of the
women of ancient times spending most
of their days beautifying themselves
with baths, unguents and emollients,
employing the services of many slaves
or servants trained especially for the
business. During the reformation,
the use of cosmetics went out of
favor, but they were soon reinstated
in France, and their popularity is
again fast becoming wide-spread.
When we look over the columns of
our best-received journals and maga-
zines, we must believe that, either
the demand for such things is very
extensive, or the advertisers of them
would be ruined by such expenditures.
Many of these things are worse than
worthless, doing harm not only by
the harmfulness of their ingredients,
but through the ignorance of their
proper application by those who, un-
advisedly, buy them. In such mat-
ters, as in medical treatments, one
should seek the best advice and use
only the preparations known to be
useful and harmless. In the matter
of cosmetics, as in so-called cure-alls,
there are many conscienceless people
employed.

Two of the greatest beautifiers in
this world are good health and cheerful
spirits. These give us a beauty that
is "warranted to wash," and that
no light will fade. In our mad
scramble after cosmetics, let us be-
gin to beautify from within. Good
health, like righteousness, should be
our first means, and, once this is ours,
"all things else shall be given unto
us." Cheerful spirits is an unfa-
iling beautifier, and we should seek
diligently to possess them. We cannot
get rid of the habits of years, and
the wrinkles and moth-patches that
fretfulness or ill-temper or discontent
have given us, through much pains-
taking on our part to make them in-
delible, by trying to overcome the
habits for a few days; neither can
we hope that even the very best cos-
metics will do the work for us without
long, diligent, faithful application;
but so surely as we seek to cultivate
the right spirit, and fight down the
"blue devils" of discontent and dis-
cord, keeping ourselves clean within
and without, just so surely will we
gain the reward of our diligence.

And this "Chat" is as much for the
reading of our men as it is for our
women. Our men are in as great
need of a physician as our women, and
it is only by faithful co-operation in
the family life that this real beauty
of body and soul can be brought about.
Beauty is the birth-right of every hu-
man being, and we should claim our
own.

Floral Chat

As we greet the coming of the
beautiful month of September, we
realize with a feeling of sadness that
the summer is ended. Already the

falling leaflets are beginning to dot
the lawns and woods-paths, remind-
ing us that yet a little while, and the
year will be with us no more. In a
few weeks, the "golden pomp of au-
tumn" will spread away upon every
hill and valley, and we shall realize
more sharply that the days of idle
dreaming must give place to the
hurry of gathering the golden stores
into safe quarters for the dark days
that will soon be with us.

Plants which have been left out of
doors all summer should now be
brought under shelter before cold
nights come, to accustom them to
the change from the border to the in-
doors conditions. If left out until
cold weather makes a fire-heat a ne-
cessity, they will suffer from the ab-
rupt change of conditions. They
should be brought onto the veranda,
then into the house, leaving all doors
and windows open as much as pos-
sible so as to admit fresh air. Give
them all the sunshine possible, and
shower them daily, all over, refrain-
ing from giving them fertilizers, as
the plants require all their energies to
acclimate them to the changed con-
ditions, and very little growth should
be expected of them for a time, at
least. If they have been kept growing
thriftily, they will stand the change
with much less injury than if recently
potted and still weak from the uproot-
ing. But the potting must be no
longer delayed, if flowers is your ob-
ject.

If it is possible, one should have a
"plant window," and for a reasonable
sum, a window might be constructed
that would answer the needs of most
flower-lovers—especially the busy
housewives. For this, a wide "bay"
will be best; a window that will ex-
tend the whole width of the room will
make that room the most attractive
in the house, not only to the family,
but to any flower-loving guest that
may seek your hospitality. The glass
should be large, and the roof, if pos-
sible, should be of glass as well; and
there should be glazed doors between
the living room and the plants in
order that the moisture may be regu-
lated—which cannot be done if the
plants must be subject to the atmo-
sphere of the living room, in its varia-
tions of heat and cold. There should
be a ventilator in the roof, and one
at the side of the "bay;" the one to
allow the escape of over-heat and the
other to supply fresh air. This can
easily be arranged. The floor of the
"bay" should either be of cement, or
should be covered with oil-cloth or
linoleum. Such a window will more
than repay the cost.

The Bath Room

If you want to be well, with a
clear complexion and a well-toned sys-
tem, you should not neglect the regu-
larity of the bath. It is not, in all
cases, necessary to bathe daily, but
at least several baths a week should
be taken, especially when the weather
is warm. The temperature should
be such as to suit the body; if one is
possessed of vitality sufficient for
immediate reaction, the water may
be quite cool. But cold water is not
cleansing. Once a week is often
enough to take a cleansing bath of
hot water and soap, and if one is de-
bilitated and nervous, twice a month
is often enough, and when well
scrubbed, the water should be cooled,
for rinsing, after which one should
be rubbed briskly all over the body
until a general warm glow is brought
about. For the regular bath, it is
better to begin with lukewarm water

and have the temperature lowered
each day, as you find you can bear it
and as the body becomes accustomed
to it. Only those of vigorous consti-
tution and plenty of warm, rich blood,
should indulge habitually in the cold
bath. One should not leave the bath
feeling chilled, and in any case, should
be well rubbed until warmth is en-
gendered. A handful of sea-salt (to
be had of your grocer) in the water
is a tonic, and will render one less
liable to take cold. A salt bath
is very strengthening. Regular bath-
ing and dieting (personal cleanliness,
inside and out) will do more for the
complexion than tons of cosmetics or
bleaching lotions.

Catsup

No. 1.—Cut peeled ripe tomatoes
into slices, put them into a stone jar,
a layer of tomatoes and a sprinkling
of salt; stand aside three days. By
this time there will be a slight fer-
mentation. Press the tomatoes through
a sieve. To each gallon of tomato
pulp allow two teaspoonfuls of ground
ginger, a teaspoonful of cinnamon, one
of cloves, one of allspice, a quarter of
a teaspoonful of cayenne and a level
teaspoonful of white pepper. Bottle
and seal.

No. 2.—Gather the tomatoes the
first week in September—no later.
Cut into pieces one bushel and cook
in a porcelain-lined kettle for one
hour (in quantities so they will not
burn). Press then first through a
colander to remove all skins, and then
through a sieve fine enough to remove
all seeds. Return this pulp to the
kettle; add two ounces of whole mus-
tard, half an ounce of ground cloves,
an ounce and a half of white pepper,
an ounce of ginger, and, if you like,
half a dozen cloves or garlic cut into
thin strips, and two onions. Boil
slowly until the ketchup reaches the
consistency of very thick cream. As
you add the vinegar it will thin down
to the proper consistency. Now add
half a pound of sugar (if you like it)
and half a pint of salt; cook fifteen
minutes longer, stirring all the while,
and add half a gallon of good cider
vinegar; mix and stir in hastily the
quarter of a teaspoonful of cayenne.
Bottle and seal while hot, and put
away in a cool, dry place. See that
the bottle and corks are both sterilized
thoroughly before the bottles are
filled.

Cucumber Catsup.—Pare and re-
move the seed from four large ripe
(yellow, but not soft), cucumbers;
grate them, drain the pulp into a
colander. When perfectly dry,
measure, turn into a sauce pan, add
a quarter of a teaspoonful of
cayenne, half a pint of cider vinegar,
teaspoonful of salt and four heaping
tablespoonfuls of grated horse radish;
mix well, bottle and seal. To be
served with cold meats.

Pickles

Sweet Pickles from Cucumbers.—
Peel, cut into slices one inch thick,
and weigh large cucumbers. To each
seven pounds allow four pounds of
sugar, a pint of cider vinegar, twelve
whole cloves, a quarter of an ounce of
stick cinnamon and two blades of
mace. Put the sugar, spices and
vinegar into a porcelain-lined kettle,
bring to boiling point; add the cu-
cumbers, cover, standing over a mod-
erate fire until they are thoroughly
cooked, but not soft. Stand them aside
until next morning, then bring again
to boiling point and stand aside to
cool. Do this the third morning;
then lift the cucumbers carefully,
placing them at once in the jars. Boil
down the liquor until you have just

BETTER THAN SPANKING

Spanking does not cure children of bed wetting.
If it did there would be few children that would do
it. There is a constitutional cause for this. Mrs. M.
Summers, Box 118, 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.