



# The Home Department

Conducted by  
Helen Watts McVey

## Learning to Wait

O, sweet baby face at the window,  
O, dear little girl at the gate—  
You are learning life's hardest-lesson—  
The lesson of "learning to wait."  
And minutes seem hours in passing,  
While the hours seem aeons of time;  
The clock hands stand still while we  
watch them,  
The bells have forgotten to chime.

Brave youth, at the portal of manhood,  
Fair maiden, at womanhood's door,  
You are waiting in breathless impa-  
tience  
For the gifts that the gods hold in  
store,  
While manhood as ardently waiteth  
The crown of his victories won,  
Reward for his glorious achievements,  
And rest after toiling is done.

From morning of life until evening,  
We wait with what patience we may,  
For the blessings of life as we see them,  
And love that is long on the way,  
And when sunset has faded to twilight,  
We linger awhile at the gate—  
Tired faces turned wistfully upward,  
Like children, we lingeringly wait.  
—Selected.

## Home Chat

It is claimed by scientists that crime would be greatly lessened if not entirely eliminated, if we could rear a race of people with sound heads, sound hearts and sound stomachs. The sickly, puling invalid is a disaster, both in public and in private life, for no one is capable of doing the best that is in him, unless the mentality and mortality be enshrined in a healthy body. It is claimed also, the alarming increase in insanity and nervous disorders is due in very great measure to the poisoning and starving through improper feeding and lack of proper care to the body during the early years of life. These scientists claim that "unless a more normal motherhood can be attained, a few centuries will see this country a nation of lunatics." There are those, not scientists, who think we already approximate very closely to that condition. But, while preaching to the mothers, it is the part of wisdom to look at the father's part of the relationship. It is certainly true that we have few normally healthy men and women, and it is as certainly true that the "stream cannot be purer than the fountain-head." A really healthy child, mentally, morally and physically, cannot be born of tainted parentage, and in this respect, the father is as much to blame as the mother for the degeneracy of the offspring. The heredity goes deeper than mere flesh and blood, and the morally infected will impart his heritage as freely as that of the physically afflicted. It we would have a race of healthy children, the fathers must leave the "sour grape" alone; the mother's care, after the little being is laid in her arms, cannot do it all.

But she can do much. And in order to do her best, her health must be looked after. A sickly, exhausted, nerve-racked mother worn to death in the attempt to be all things to all her family, to say nothing of attending to duties of a social character which can not be entirely neglected, who goes to bed "dead tired," and gets up fully as exhausted only to go the rounds of exhaustion again for another day, can not possibly give to her child the careful attention as to dress and diet which its health de-

mands. It is the popular cry that a woman should, first of all, be a mother (if she have children, which it is claimed she should have, whether able to care for them or not), but in order to be the mother she should be, and give to her children the incessant care they really need, she should have rest from other things; all other work should fall away from her hands in order that her "mission" may receive the attention it demands. She should have better food, and more rest, leisure to recuperate, and exercise of a nature to develop her best powers. Her life should be filled with pleasant things and thoughts, and she should be free to exercise in the child's behalf that skill, care and infinite patience, coupled with intelligent forethought and anticipation of its needs that is so necessary in the rearing of the little one, doubtless more or less crippled by a bad heredity, to a strong, healthy adult age. Only healthy, well-cared-for mothers are fitted to rear the children that make up the race; and there are so very few such mothers.

There are houses of refuge, homes, and all kinds of institutions for every kind of criminal, and every unfortunate class of humanity. Why not, for the welfare of the race, some place where mothers and infants might rest, and recuperate; exercise in the open air and bask in the sunshine, free from care, and be properly fed and rested at the same time, with or without cost, as the mothers might be able or not to pay? And where they might be educated at the same time as to how to regulate their home lives so as to keep in good health and be good, intelligent mothers. A rest away from the city or village home, with its work and worry left far behind, a resting, too, for the overworked farm-mother, where neither the sight nor smell of the kitchen or cook stove would disturb her enjoyment and absorption of the sweet air and sunshine of new scenes. Why not?—Housekeeper (Minneapolis, Minn.).

## Our Health Talks

Our most enlightened physicians tell us that the best medicines in the world—more efficient than all the potations of the *materia medica*—are warmth, rest, pure air, pure water and cleanliness. Among these, rest and warmth hold an important place, and in the animal world we find the beast crawling away from its kind the moment the effects of wounds or the pains of disease assail the system. With the human animal, it is often considered a virtue to brave or defy diseases so long as a foot can move or a finger wriggle, and in cases of strong vitality, this method of combatting the foe sometimes is successful; but where one is deficient in physical strength, the powers of life are thereby so completely exhausted as to render it extremely difficult for the system to readily recuperate, and it offers a fertile field for many unpleasant ailments, if not absolute diseases, to make great headway before nature can restore the balance. Whenever work or walking requires an effort, one should heed the warning and take a rest, if but for a moment.

To the busy housewife, the idea of lying down in the day time will seem impracticable and in case she does lie down, it is seldom that she seeks the outer air. Her resting place is usually on the sofa, in the sitting room—or on the bed, in the too fre-

quently unventilated living or bedroom. But if such would only try the out door stretcher, hammock, reclining chair, or other such convenience on the piazza or under a tree in the yard, or even upon the green sward itself, looking up through the green leaves into the changing cloudland, or resting the eyes upon the landscape stretched about them, she would find her rest greatly enhanced. I know one good mother who, when her nerves are "worn to tatters," betakes herself to any cool, secluded place and lies down, relaxing every muscle and rests, if only on the hardest, bare floor, which she says she really prefers to the softest bed. Such a rest, indulged in for half an hour each day, is better than the best "nerve tonic" from the druggist.

## Carpets

A reader asks what is the difference between a body Brussels carpet and a tapestry Brussels carpet. For ordinary use, and at moderate cost, there is little in the carpet line that is in every way so satisfactory as body Brussels, while, on the other hand, tapestry Brussels, which bears a decided resemblance to the former, is really the most undesirable and unprofitable floor-covering that one can invest in; and yet, it is often imposed upon credulous buyers who are ignorant of the distinguishing characteristics of body Brussels. Both body and tapestry Brussels carpeting have a looped surface, but aside from this, they are radically different. In body Brussels, every color is dyed in the skein, then woven in, and through the fabric upon the surface only when this especial color is required in the design. Only a limited number of colors can be handled independently of each other (seldom more than six), and, as the durability of the carpet is in some measure dependent upon the number of colors used, the different grades are usually designated by the number of frames, which signify the number of colors used—as four-frame, six-frame, etc. The regular tapestry Brussels is in reality a one-frame body Brussels, for they are woven all in one solid color, and this forms the ground for the design, which is afterwards printed upon the surface by methods similar to those used in printing calico and other lightweight fabrics. Tapestry carpets are easily made very attractive in appearance, because an unlimited number of tints can be used; but they must of necessity be less durable than body Brussels, both in weave and in coloring, for the distinct coloring is only surface deep, and the pile, which is composed of but one strand of wool, is held in place by a single binding thread. In body Brussels, the filling shows more or less on the wrong side, and to simulate this effect, unscrupulous manufacturers stain the back of tapestry carpets to follow as closely as possible the coloring of the design upon the right side. Both tapestry and body Brussels are woven twenty-seven inches wide, and body Brussels has the trade-mark plainly stamped on the wrong side, with each repeat of the pattern.

## An Intoxicated Baby

The well-fed infant who has good air, water, rest and other normal environments, sleeps, eats, grows and develops a normal brain, the energies of which have not been wasted in combatting poisons. The child of

the bloodless, nervous, poorly-nourished mother, or the bottle-fed infant with a sour stomach full of toxins and germs, is intoxicated all the time, suffers for want of sleep and from the pains and discomfort due to the spoiled food in the alimentary canal, which causes indigestion, colic, catarrh of stomach and bowels, cholera infantum and dysentery. We know what the effects of such poisons as alcohol are on the brain of the adult. The man "dead drunk" has his mental faculties extinguished for a time, and only recovers consciousness when the poison has been eliminated from the body, and stunned brain-cells recover sufficiently to generate nerve energy to set the machinery of the body in motion. The baby with the sour stomach, made worse by taking food it can not digest, is just as much intoxicated as the man with his stomach full of alcohol. The absorbents are continually carrying the toxins into the circulation; the brain cells are bathed in the poisons as well as all the other parts of the body.—Housekeeper.

## Nature's Cosmetics

I have just been reading a warning note to women and girls in regard to the use of cosmetics of the ingredients of which they know nothing, as many of them are harmful, while most of them are worthless, to say the least. If we must (and it really seems that we must) "do things" to be pretty, let us try those from Nature's laboratory. I have told you of the possibilities of the cucumber, and now comes a young friend who tells us that the tomato is a wonder-worker as a complexion beautifier, not only when used internally as a liver corrective, but externally, as a face bleach. She says, as soon as the morning ablutions are performed, hunt up a fresh ripe tomato, cut in halves, and rub the face, neck, arms, and hands vigorously with the cut side, letting the juice dry on, then wiping with a soft cloth. Tan, freckles, sunburn and yellow spots go down before this foe.

One of our "medicine men" sends me the following: Squeeze the juice from two lemons, add an equal part of rosewater, and twice as much glycerine; bottle this and keep it on your wash stand, rubbing a few drops of it well into the hands when you wash them (or the face and neck) before drying. He adds that lemon juice should be used both internally and externally, and says that in some of the finest whitening lotions, citric acid is always an ingredient, and citric acid is a condensed form of lemon juice. Or, cut a lemon in halves and, with the cut side, rub over the face and hands before drying after washing; this is softening, cleansing and whitening. In nearly all advertised face bleaches, he tells me, corrosive sublimate is used, and corrosive sublimate is a deadly poison, not safe to have about the toilet, unless handled with care. A letter just opened says: "Don't forget to tell the girls that an infusion of two tablespoonfuls of finely grated horseradish in one pint of boiling hot milk, stirring frequently as it cools, and when cold, strained through a coarse-meshed cloth and bottled, is a fine whitener. Dab a little on the skin several times a day, and at night, and let dry on the skin."

I am going to ask you, when you have tried any of the remedies I have suggested, to let me know the result, so I may or may not recommend them to others. We want to be very rell-

## BETTER THAN SPANKING

Spanking does not cure children of bad wetting. If it did there would be few children that would do it. There is a constitutional cause for this. Mrs. L. 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 help it.