



The Home Department

Conducted by
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Unreturning

Never, to the bow that bends,
Comes the arrow that it sends;
Spent in space, its airy flight
Vanishes like lost delight.
When with rapid aim it sprang
From the bow-string's shivering twang,
Straight to brain or heart it fled—
Once for all, its course was sped.
No wild wail upon its track
Brings the barb of vengeance back;
Stay the hand before it go;
Pause beside the bended bow;
Hurtled once across the plain,
No spent arrow comes again!

Ne'er returns the chance that's past;
That one moment was its last;
Though thy life upon it hung,
Though thy death beneath it swung,
In thy future, all the way
Now in darkness goes astray.
When the instant born of fate
Passes through the golden gate,
When the hour, but not the man,
Comes and goes from Nature's plan,
Never more its countenance
Beams upon thy slow advance;
Never more that time shall be
Burden-bearer unto thee.

Weep and call o'er land and main—
Lost chance never comes again.
Never shall thy spoken word
Be again unsaid, unheard;
Well its work the utterance wrought,
Weal or woe, what e'er it brought;
Once for all, the rune is read;
Once for all, the judgment said;
Though it pierced, a poisoned spear,
Through the soul thou held most dear,
Though it quiver, fierce and deep,
Through some stainless spirit's sleep;
Idle, vain, the flying string
That a passing rage might bring,
Speech hath giv'n it fangs of steel—
Utterance all its barbs reveal.
All thy travail will be vain—
Spoken words come not again.
—ROSE TERRY COOK.

Home Chat

As the season is at hand for setting up stoves, opening grates and starting furnaces, one cannot be too careful to avoid the dangers of fire in and about the home. Everything connected with the heating or cooking apparatuses, flues, chimneys and pipes should be inspected and put in good shape. Even with the best of care, disastrous fires often occur, their origin being seemingly veiled in mystery; but by far the oftener they are known to be the result of almost criminal neglect on the part of those whose business it is to attend to such things. Defective flues, cracked chimneys, badly protected pipes, the placing of the stove too near a board partition, or over a bare floor unprotected even by the usual zinc square, or the careless emptying of the ashpan in too close proximity to inflammable material, are but a few of these dangers, while cracked, broken or burnt-out stoves which allow coals, large or small, to drop out with a dribble of ashes, are largely responsible.

Another prolific source of the terror is the careless handling of matches, tossing the lighted match on the floor when done with it, or dropping one here and there to be trod-

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. M. Summers, Box 118, Notre Dame, Ind., will send her home treatment to you free. 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.

den into a blaze as one passes over it in their rounds, leaving it burning unnoticed behind us. Some people even claim that mice will gnaw a box of matches into flame in out-of-the-way places. Children often get hold of matches and light little fires that get to be big blazes before the child can put the flames out, and in this way, fires are often started which do great damage. There are so many ways in which such things get started, and the flames are so hard to subdue when once well underway, that it is imperative that extreme caution be observed in the matter. Another source of danger, not so often recognized, is from the spontaneous combustion of a pile of old, greasy or oily rags, thrown into corners or packed into boxes or other receptacles. This is especially the case about barns and out houses where machinery is cleaned. Then, there is the pipe, cigar or cigarette; all have their dangerous side, and call for extreme care.

What Women Are Doing

It is a sign of the times that in many women's organizations the establishment of classes in cookery, sewing, hygiene and sanitation in the home are being freely discussed and earnestly advocated. The evils of ignorance of such matters are so apparent and so appalling to the twentieth century woman, and the almost impossibility of securing, even at high cost, efficient service along these lines which are so necessary to the maintenance of the home life so pressing, that the question has become a problem which engages our very best minds. Whatever the croakers may say about club membership spoiling the home, time will soon show that the organization of women into deliberate bodies for the discussion of the questions of the day are most important movements, prolific of untold good to the isolated sisters who are too burdened or too tired to think out ways and means for themselves, and too weak in influence to push them as individuals. These club women may make mistakes—even our national rulers do that, you know; but their powers are developing in the right direction, and the various organizations are settling down to a "business" basis born of experience and earnest thought.

It would be a fine thing for our country sisterhood, if weekly or monthly meetings could be inaugurated among them, at which discussions of interest might be carried on, questions asked and answered, problems solved, knowledge exchanged and social life stimulated. Now is a good time to canvass the question, sisters, so that some decision might be arrived at, and meetings arranged for to commence with the earliest days of the coming winter. Such meetings, if not allowed to degenerate into material feasting and idle visiting, would brighten your lives and broaden your mental, as well as social outlook. Will you not try it?

For the School Children

Do not forget that the cold, damp days that will soon be with us will bring coughs and colds and discomfort to the boy or girl who goes out of the warm home into the streets and often badly warmed school houses, and that you can do much to prevent these if you will have a good supply of thick leggings to be drawn over that awful expanse of thin

"store" stockings along the thin little legs from shoe-top to the knee. This thinly clad portion of the child is a constant source of discomfort, to say the least, and a real menace to the health. The over gaiters, or leggings, may be of thick cloth, and, if you are economically inclined, you can make them yourself. Most paper pattern companies have patterns for them, at ten cents each, and directions for making are printed on each pattern. It is better, however, if you have any doubt of yourself, to get a ready made pair, in addition to the pattern, that you will see just how the pieces are put together. These leggings may be made from the least worn parts of old garments—pants, coats, cloaks or jackets, or from the thick, fleece-lined underwear that has been washed until it is very thick. These latter may be dyed to suit. Or, if you prefer, and have time and ordinary knowledge of knitting, the leggings may be knit of coarse wool yarn, and they will fit closely and keep the little limbs nice and warm. These leggings are very useful to older members of the family—especially when "mother and the girls" have to go out in cold weather to look after the poultry, etc.

Over-Doing

It is a mistake, often costly in results, to try to wash, iron, scrub and bake, all in one day. It can be done, and has been, often, by women with more industry than good judgment; and doubtless will be, again, but the woman who did it is not very young looking when she begins to "get along in years," and she often finds herself full of aches and pains, long before the final break down occurs. We are often reminded that our mothers did such things, and lived to a good old age; but we are none of us as strong as our mothers were—perhaps because of their having done so, and thereby bequeathing to their progeny weakened physical bodies. A woman would better take care of herself, and thus be enabled to enjoy her family, than to break herself down altogether and become a hindrance rather than a help, because of such ill-advised industry.

Mending and Darning

So long as garments may be worn, it is well to keep them in good repair, and before laying them away, when the season is over, repair carefully every little rip in the seams or break in the threads, and they will thus be ready for a few wearings early next spring. If the waist of thin material needs attention on the shoulders and about the collar in the back, it should be neatly done. Baste a piece of the sheerest material obtainable of sufficient strength under the thin place or the breaking of the threads, letting the mending material extend considerably beyond the worn place; with a very fine thread draw the break together on the outside, and on the inside tack the patch to the figures in the embroidery, if any, and trim off the raw edges. If the goods is plain, stay the edges of the patch with the finest of stitches and darn down the thin places as invisibly as possible with the finest of thread. If there are tucks, the patch should be sewn firmly under the tucks. The darning may be done with ravellings of the goods.

When a waist is hopelessly worn under the arms, the best way is to rip the sleeve from the shoulder-seam

to under-arm seam and a little past it; then, under the last tuck, cut off the front from shoulder-seam to the bottom of the waist, straight on the lengthwise thread of the goods. Replace with new material that has been shrunken, of the same size and shape after allowing for seams, as the piece cut off; and, if the goods is figured, match the figures, in which case it is easiest to set the pieces in with over-handing, and sew in the under-arm seam.

"Just How Much"

Women are too prone to do their tasks by guess work. Not one in a hundred (thousand would perhaps be the better word) have any conveniences for measuring or weighing or testing. Rules and tools are recklessly left out of our kitchen furnishings, and when the work begins, we "guess" the amount of salt, of soda, at the amount of liquids, the weight of solids and the amount of heat or cold of the water and the oven. We "guess" the amount of salt; of soda, of seasoning, of butter or flour; we "guess" at the amount of yeast to use in the bread, at the heat of the oven into which the loaf goes, with a sublime faith in the "divinity that shapes our ends, rough-hew them as we may," and we "guess" it will be all right. In this way much good material is spoiled, and many meals ruined. A kitchen scales, a measuring cup, a thermometer, are among the real necessities of every home kitchen, but they are rarely found there. A given amount of flour will not hold more than a given amount of butter, and if either is increased or decreased, the result is a spoiled cake. Some cooks seem to have a mania for altering recipes, or "guessing" at the quantity necessary "by the looks of things." A common source of failure to obtain guaranteed results is to think the batter looks a little soft, and to stir in a little more flour, and this trifling addition will ruin the texture of the cake or at least make a very different product from that expected. If one were well

COFFEE NEURALGIA

Leaves When You Quit and Use Postum

A lady who unconsciously drifted into nervous prostration brought on by coffee, says:

"I have been a coffee drinker all my life, and used it regularly, three times a day.

"A year or two ago I became subject to nervous neuralgia, attacks of nervous headache and general nervous prostration which not only incapacitated me for doing my housework, but frequently made it necessary for me to remain in a dark room for two or three days at a time.

"I employed several good doctors, one after the other, but none of them was able to give me permanent relief.

"Eight months ago a friend suggested that, perhaps, coffee was the cause of my troubles and that I try Postum Food Coffee and give up the old kind. I am glad I took her advice, for my health has been entirely restored. I have no more neuralgia, nor have I had one solitary headache in all these eight months. No more of my days are wasted in solitary confinement in a dark room. I do all my own work with ease. The flesh that I lost during the years of my nervous prostration, has come back to me during these months, and I am once more a happy, healthy woman. I enclose a list of names of friends who can vouch for the truth of the statement." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Ten days' trial leaving off coffee and using Postum is sufficient. All grocers.