



The Home Department

Conducted by
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The Motherlook

"As one whom his mother comforteth."—Isa. 53: 13

You take the finest woman, with th' roses in her cheeks,
An' all th' birds a-singin' in her voice each time she speaks;
Her hair all black an' gleamin' or a glowin' mass o' gold—
An' still th' tale o' beauty isn't more th'n halfway told.
There ain't a word that tells it; all description it defies—
The motherlook that lingers in a happy woman's eyes.

A woman's eyes will sparkle in her innocence and fun,
Or snap a warnin' message to th' ones she wants to shun.
In pleasure or in anger there is always han'someness,
But still there is a beauty that was surely made to bless—
A beauty that grows sweeter, an' that all but glorifies—
Th' motherlook that sometimes comes into a woman's eyes.

It ain't a smile exactly—yet it's brimmin' full o' joy,
An' meltin' into sunshine when she bends above her boy
Or girl when it's a-sleepin', with its dreams told in its face;
She smoothes its hair, an' pets it as she lifts it to its place.
It leads all th' expressions, whether grave, or gay, or wise—
Th' motherlook that glimmers in a lovin' woman's eyes.

There ain't a picture of it. If there was they'd have to paint
A picture of a woman mostly angel an' some saint,
An, make it still be human—an' they'd have to blend the whole.
There ain't a picture of it, for no one can paint a soul,
No one can paint the glory comin' straight from paradise—
The motherlook that lingers in a happy woman's eyes.
Chicago Daily Tribune.

Home Chat

The practice of eating between meals is sternly denounced by many well-meaning people, mostly because it is the custom to do so than from any knowledge on their part that it is harmful to the one who does it. However, when "doctors disagree" so very often, and even the best of them denounce as hurtful one day what they have lavishly praised and advised the day before, it is well to take counsel with common sense, now and then. Active, growing children—especially boys—are apt to be hungry most of the time, the same as the calves and colts and other young things that spend their time foraging steadily, and are willing to accept anything eatable at almost any hour. Healthy girls, too, who participate in outdoor sports, are usually ready for the "tween meals" lunch, and more often than not the rosy cheeked little folks eat as though they were literally "packin' in from their feet," and had as many cavities to be filled as the complex stomach of the ruminant. Stirring children need frequent relays of food, and assimilate without difficulty any suitable food given them. But too often the "snacks," lunches, or "pieces" are not of a suitable kind. Cakes, rich pies, and sweets are not to be commended, but a generous supply of fruit, such

as the apple, peach, grape, etc., may be dealt out as the appetite demands, at any time of the twenty-four hours. When a healthy child becomes hungry between meals, it will eat almost anything offered it, even dry bread, though the preference is to have it buttered or "jammed." Plain cookies, wedges of not-too-rich pies or a saucer of some nourishing pudding will disappear with astonishing rapidity when it falls into the hands of the hungry child.

Another class which is often censured for eating between meals is the delicate person or invalid, or the one who eats but little at the table for lack of appetite. To this class also belongs the sedentary worker, and all of these find the day long unless some light nourishment is taken, in either liquid or solid form, between the regular meal hours. These "tween whiles" refreshments are not always taken because of hunger, or even a craving for food, but because of a sense of exhaustion which paralyzes one's energies—a sure sign of nerve starvation, rather than of a dyspeptic condition of the stomach. Such persons must take their food by littles, because, if a large amount were taken at the regular hour, the stomach would be overloaded, and great trouble would occur. For them, it is better to take the light, nutritious diet at intervals, and to try to find just what agrees with them, no matter what the doctors say. For the dyspeptic whose fretful stomach is forever craving it knows not what the hunger cure is often the only one; but even in this case, large draughts of air and water—especially air—is the best food that can be taken. The stomach is generally in a state of more or less inflammation, and the air, or water at a temperature which sets the easiest, is the best medicine that can be given, or taken. Relays of food will only aggravate the trouble, until the congestion is alleviated.

In "piecing" children, common sense should be exercised, and no wastefulness be allowed. Let them have plain food, but just what will be eaten. They should not be allowed to develop habits of wastefulness by throwing away part of the apple, or other food. They should be made to finish the "scraps" before being given more.

Adulteration of Milk

The babies of the land are crying for milk, and most of them are getting—what? Doctor Bigelow, chief of the division of foods, says: "The most common methods of milk adulteration is by skimming and then watering. Sometimes it is not skimmed, but all the more it is watered, which gives it that peculiar blue color, familiar to all housewives. Its natural color is restored by annatto, or more commonly, by a yellow coal tar derivative. A form of adulteration more prevalent than skimming and watering is the adding of chemical preservatives. Until recently, boracic acid was used, but now a diluted solution of formaldehyde is more used than all other preservatives. The addition of such preservatives to the only food available to very young children, and to many who hang in the balance between life and death, is nothing short of a crime—a crime that should be severely punished."

If we investigate formaldehyde, which, according to Dr. Bigelow's

statement, is now the common preservative used in milk, we may learn the cause of baby's belly-ache, and of what ties his little insides into a knot. Prof. Dean, of Wilkesbarre, says that formaldehyde is obtained from wood alcohol by passing the vapor over a copper spiral, and is used for disinfecting purposes. It gives a rubbery consistence to milk, which makes it injurious to health, but keeps it sweet for a much longer time than it would otherwise remain so. The state chemist and the professor of chemistry at Westchester Normal school, state that formaldehyde is a dangerous poison frequently used in embalming dead bodies, and that it is positively fatal to children and sick persons. Chemists say that formaldehyde is a gas, from which basic preservative other harmful adulterations, such as freezene, icene, and formaline, are made.

Here is something on which to base a campaign of suffrage. If babies are not a living issue, then, in the name of God, what is? You have demanded of the men an accounting of their stewardship, and the millions of tiny mounds throughout the country are your answer. They are poisoning your children. It is the mothers who must come to their rescue. The epitome of all the crimes in the calendar is that terrible thing, poisoned milk.—Woman's Home Companion.

Weevils in Beans

Several readers ask how to keep weevils out of seed beans and peas. The eggs from which the weevils come are laid by the parent weevil while the beans are growing in the garden. Heating the beans as soon as ripe to 145 degrees Fahrenheit will kill the partially grown weevils without injury to the germinating quality of the bean, it is said; but a better way is to put the beans in a tight jar or can along with a little bisulphide of carbon, or benzine, or gasoline. The fumes of these will kill the insects. Another remedy is, to put into the vessel containing the beans or peas, a piece of flannel cloth saturated with turpentine or coal oil, laid on top of the contents, and the bugs will get out and stay out. Field beans or peas are said to be kept free from the weevils by putting them in barrels with the saturated turpentine or coal oil rag covering the beans or peas inside the barrel. It is worth trying.

Beating Eggs

The old-fashioned whisk, of fine wire, which costs about five cents, is the best for whipping eggs. Patent beaters are not good for cake, though excellent for beating salad dressing and for other less delicate purposes. The whites should be whipped, not beaten, just long enough to make them cling to the whisk, when the froth should be coarse and open. It is quite easy to "beat" whites until they are tough and heavy. The whipped whites should be "folded in" with a side-to-side motion, which incorporates them with the batter without breaking the air cells, rather than stirred in with the usual rotary motion. It requires a little practice and a deft touch to do this quickly and thoroughly.

Going in Debt

When the farmer or stock raiser who has been "running an account"

at the village store, during the past season, comes to "square up" between what is owing and what the sale of the crop or stock brings in, he will find plenty of food for thought. Unless particularly blessed with his gains, he will handle but a small surplus, and, instead of being able to start in and pay cash for the needs of the coming year, getting the small commission allowed for the same, he will find it is but a question of continuing the account or doing without; or, if ready money must be had, of mortgaging the land, stock or crops of another year, paying a heavy bonus in addition to the usual semi-annual interest, which, in most cases, loses him his farm, or the work and worry of many years.

Some students of economics claim that debt is necessary to the activity of business; that in the business world, when men cease to go in debt, employment fails for the laboring man, and much suffering and want result. But such sophistry does not apply to the farmer, if indeed it does to any branch of business. When the world shall be taught that it is better to do without than to slave for debt, the financial difficulties that beset men now-a-days will be cleared up, and the labor and capital question will be solved. The idea that we must do anything, risk anything to keep up appearances, will give way to the truth that it is a crime to take or use anything for which we can make no immediate returns. The solution of many of the burning questions of the times is that we shall learn to live within our means; to pay as we go, and to use nothing we cannot pay for.

It is possible that going in debt at times, when we are certain of means to meet our obligations when they become due, may be a good investment; but only the "forehanded" can take such risks. It is better to eat the "specked" apples, wear the patched coat, cobble the old shoes or go barefooted, and keep in mind the inevitable pay day, than to bind ourselves, hand and foot, in the toils of debt. If people would deny themselves most rigorously the first year, they would be able to live on the surplus of the farm product, and by wise planning, could keep within their income much better than to pay the interest which holds their "nose" to the grindstone year after year, and which must be paid, no matter what the farm products bring in the way of prices. There is not a greater "leak" on the farm than that of "running accounts," or going in debt. There is no surer way of "going to the bow-wows."

One thing which the housekeeper should guard against is the dampness of beds. There is always some dampness, especially in winter, in rooms that are not regularly occupied and aired. For the unoccupied room, it is best to cover the bed with a single sheet and pillow shams, which should be taken off before the bed is used, the windows opened and a draft of warm air be passed through if possible. See that the sheets put on the bed are dried, making the bed up with fresh sheets and bed clothing before allowing it to be slept in.

Cake Making

As the season of home festivals and neighborhood gatherings is now with us, more or less cake baking will be indulged in, and not every woman is a satisfactory hand at such things. A light cake may be as great a failure as a heavy one; it

BETTER THAN SPANKING

Spanking does not cure children of bad habits. 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.