

# The Home Department

Conducted by Helen Maria M. M.

## The Human Tie

"Speak tenderly, for he is dead," we say;  
"With gracious hand smooth all his roughened past,  
And fullest measure of reward forecast,  
Forgetting naught that gloried his brief day."

Yet, when the brother who, along our way—

Prone with his burdens, heart-worn in the strife—  
Falters before us, how we search his life,  
Censure, and sternly punish while we may!

Oh, weary are the paths of earth, and hard!  
And living hearts alone are ours to guard.

At least, begrudge not to the sore distraught  
The reverent silence of our pitying thought.

Life, too, is sacred; and he best forgives

Who says, "He errs, but," tenderly—"he lives."

—Mary Mapes Dodge.

This is to you like any other day.  
Rose-dawn, white moon, and evening lit with stars,  
And in high heaven, a glimpse of golden bars  
Set down for those who shall go home that way.

To me, this is a day so set apart  
By memory and by sorrow that I sit

With eyes tear-brimmed at the mere thought of it  
And all the loneliness it brought my heart!

—Margaret E. Sangster.

## Our Social Chat

In a recent number of an agricultural journal, the statement was made by the editor of its woman's page, through an alleged interview with a farm woman (of twenty-five years experience as such), that the farm wife is not fit to conduct the pages which are set apart for the discussion of her interests; that life on a farm makes a woman narrow-minded and envious of her village sister, and, while she whines about the hardships she has to undergo, she really has a delightfully easy time, and only whines from habit; that she gathers from this leisure only envy, jealousy and grudgingness toward her village sister. She quotes, also that farm life unfits a woman for mental work, or for imparting to others the knowledge which her experience as such has brought her.

The article shows so plainly the writer's erroneous conception of what the farm and the farm wife really are, that it merely emphasises the fact that such departments really do need the services of women who "know how, because they have done it," and who can speak the helpful word, from actual experience, to those who, having little time for solving problems, go to the "woman editor" for help and comfort and sympathy. Most of the

**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.

women who edit and write for the agricultural press are farm women, doing, or having done themselves, all kinds of farm work, and showing by their hopeful, helpful, cheerful ways of meeting and overcoming difficulties, that they are anything but whining, complaining women.

Farm wives have little cause to envy their village sisters. They live an immeasurably higher life among the beauties and riches of nature than can be found elsewhere. True, they may not spend their few leisure hours running from house to house, retailing gossip of a more or less harmful nature, or by brooding over the fact that somebody else has a few more belongings than they have; but, as to intelligence, and a sound common-sense way of showing it, the farm woman will compare favorably with the women of other classes, and, in many instances, is the superior of the seemingly more favored one.

We hear a great deal about the men whom the world delights to honor and who have fought their way up through difficulties under which the city and village boy have fallen, as having sprung from the farm. The farm wives are the mothers of such men, and it is conceded that the son is, in most instances, like the mother who bore him, and who has trained him up to a grand, masterful manhood. God bless the toiling, cheerful, though too often overburdened farm wives. They have little cause to envy the less-favored village sister. "By their fruits ye shall know them."

## On a Salary of \$10 a Week

The Boston Woman's Journal says: "Diplomas certifying that the recipients are qualified to 'keep house' for husbands receiving \$10 per week were given recently to several young women at Chicago Commons. The graduates, all of whom are to be married soon, were members of a class in economical housekeeping and cooking. The graduates offered theses in the way of exhibits of breakfasts, luncheons and dinners that were attractive, had cost little, and were palatable. Each dish bore a card indicating its cost. A breakfast was shown that was prepared at an expense of 19 cents, and would suffice for four persons. Dinners ranged somewhat more expensive, one consisting of meat, two vegetables, a salad and a pudding for four, being rated at 40 cents.

## Preserving Eggs

Regarding the "water-glass" method of preserving eggs, a writer in Farm and Fireside says: "In my first trials of the new water-glass method of preserving eggs, the eggs kept for many months so perfectly preserved, that they could be served soft-boiled (a most critical test), and could not be distinguished in flavor from a new-laid egg. Last winter our eggs preserved in liquid glass in the same manner were good enough for all purposes of baking and cooking, but we could not use them (or at least the last half of them) for the table, especially soft-boiled, as they had a decidedly 'off' taste. This shows that we do not yet know all about this method, and we will have to continue experimenting for awhile. It seems safe to say, however, that the method is valuable. Buy a pint of liquid glass (water-glass, silicate of soda), dilute it with nine pints of boiled and cooled water

and put it into an earthen crock that can be kept covered. Into this liquid drop the eggs as freshly laid and gathered from day to day; keep in a cellar or a cool, dark room."

## Handling the Baby

Children, like other young animals, should be handled as little as possible in hot weather. Even in the arms of the mother, there is an irritating discomfort from the added warmth, and when allowed to sleep in such contact, the effect is positively injurious. Dress the little body according to the day's temperature, and spread a shawl or quilt on the ground or floor, screen it from flies and other teasing insects, and let it roll, toss and tumble to suit its little limbs. If it goes to sleep, let its rest be undisturbed; it will awaken refreshed, rosy and good-natured, ready for its dinner and another romp. A child of any age should better sleep by itself, within reach of the mother's hand. Both mother and child will sleep better for this separation during the night.

## Vegetable Foods

Nuts are the vegetable analogues of meat, eggs and milk. They present the choicest and most concentrated nutriment of all food substances; they also contain a large proportion of albumin and fats, most nuts containing fifty per cent or more of an absolutely pure and easily-digested fat and half as much proteids or albumin. A pound of nuts contains nearly as much proteid as a pound and a half of beef-steak. Albumin and fat are the two most essential food substances—the most necessary elements for building fat and blood. Nuts supply these elements in more abundant quantity than do meats, and in a more nourishing form. Nuts possess all the qualities necessary to satisfy the normal palate, but unfortunately, in a raw state they are hard to digest. They may be easily prepared in such a manner as to render them easily digestible, bringing out the flavors and wholesome properties they contain. Nuts can be eaten and digested by people who have sound digestion and good teeth, but they should be emulsified by thorough mastication.

Many of the nut oils and butters are made from unwholesome materials, the rancidity of which is destroyed by chemicals. One should be careful to get that put up by a reliable company.—Ex.

**Nuts and Celery Salads.**—One cupful of English walnut meats; put in a pan, add one slice of onion, a small blade of mace, one-half bay leaf; pour over this one large cupful of boiling water and boil about ten minutes, or until the walnut meats will blanch easily; drain and dry in a towel and cut meats into small pieces; mix this with finely chopped celery and mayonnaise dressing. Serve on lettuce leaves.—Mrs. C.

## "What Shall We Teach?"

A speaker at a Farmers' Institute said recently:

"American education was never intended for the agriculturist. It grew out of European education and took its shape from old, medieval notions. It put geography, grammar and arithmetic to the front, just as a little higher up it placed Latin, Greek and rhetoric. The agriculturist has to deal with something these studies do not touch. We are consumed with bugs and

blights and drouths; we deal with trees and plants, with fruits and flowers and vegetable life generally; with animals and soils; with rocks and water courses. What we want taught to our children is not merely the geography of India, or even Indiana; but we want them to acquire a knowledge of things under their feet and on every hand of them. They should be taught a knowledge of the soils and chemistry; a knowledge of waters and minerals; entomology, botany zoology, and the like are all farm studies and if our young folks can have a start in these they can learn much for themselves, and can get a living off the land, and will also be so much at home on the soil that you can not induce them to leave it. Our country schools should stand in gardens, and time each day should be given to study of other things than books. They should be given practical lessons in plant life, and instructed as to helpful or injurious insects, and as to chemical action in the soil. The trolley car, the telephone, and the rural delivery are all very well, and we should lack none of them; but they, alone, with no instruction tending to make our children know and love the soil on which they are reared will be but so many calls to them to leave the farm and get to the fountain head from which these wonders flow. The children must be taught to know the farm, in order to love it."

## Bleaching Fluid

Many times, at "special sales," or at reduced prices, one may obtain for a little money a really good piece of goods the only fault of which is that it is shop-worn, faded in streaks, or of an unsaleable color, and it will pay to get it, bleach, color to suit, or wear it white. A good bleach for cotton or linen goods is made as follows: Take one can of potash and dissolve in two gallons of water; add five cents worth of salts of tartar, two table-spoonfuls of refined borax and one pint of ammonia. Put into jugs or bottles and keep corked. Use a coffee-cupful of the fluid to a boiler two-thirds full of water, and boil the goods until white. Rinse well to free from the dye and bleaching fluid. Faded cottons may be ripped apart, washed and bleached and if not wanted white, may be dyed the desired color with some one or more of the ten-cent package dyes. For the thrifty, economical housewife, the bleach and dye will save many dollars by utilizing faded materials, or those of undesirable color.

## Cooling the House

Some of the hottest weather of the year is yet to come; usually September is a very warm month in many parts of the country. If one has a hydrant and a hose, the temperature may be greatly reduced by a thorough wetting of the walls of the house, the grounds, and the porch floors; the floors will soon dry off. All windows and doors should be left open, where it is safe to do so, through the night. The house should be opened up very early in the morning, and left open until seven or eight o'clock, when, if there are shutters, they should be "bowed" to exclude the light; if no shutters, the blinds should be drawn down on the sunny side of the house. "Dark and cool, is Nature's rule."

Wherever one lives, there must be cleanliness, if one would have comfort; a dirty, disorderly house always looks hot and unwholesome, and in such quarters, flies abound, screens or no screens. A bare floor, or one hav-

## 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.