



# The Home Department

Conducted by  
Helen Watts M.A.

## Old Stories

No beautiful star will twinkle  
Tonight through my window pane,  
As I list to the mournful falling  
Of the leaves and the autumn rain.

High up in his leafy covert  
The squirrel a shelter hath;  
And the tall grass hides the rabbit,  
Asleep in the churchyard path.

On the hills is a voice of wailing  
For the pale dead flowers again,  
That sounds like the heavy tralling  
Of robes in a funeral train.

Oh, if there were one who loved me—  
A kindly and gray-haired sire,  
To sit and rehearse old stories  
Tonight by my cabin fire!

The winds as they would might rattle  
The boughs of the ancient trees—  
In the tale of a stirring battle  
My heart would forget all these.

Or if by the embers dying  
We talked of the past, the while,  
I should see bright spirits flying  
From the pyramids and the Nile.

Echoes from harps long silent  
Would troop through the aisles of  
time,  
And rest on the soul like sunshine,  
If we talked of the bards sublime.

But hark! did a phantom call me,  
Or was it the wind went by?  
Wild are my thoughts and restless,  
But they have no power to fly.

Oh, for a friend who loved me—  
Oh, for a gray-haired sire,  
To sit with a quaint old story,  
Tonight by my cabin fire!

—Alice Cary.

## Our Social Chat

I have many pleasant letters to thank you for, and I hope soon to send greetings to each of those who have written. My "unanswered" letter box is somewhat crowded, owing to obstacles which I am rapidly overcoming.

Some of our "bachelor girls" and business women have remembered me, as well as our farm and village readers, and they have all given me glimpses of their home life. It is not all fun—trying to combine business with home-making; but every woman has a longing for a home, and she will convert her trunk into the "sacred domain," if nothing better offers or can be reached. There are bits of pathos in those letters, and one can see the glint of tears behind the laughter; but they are brave, bright women who are bent on making the best of it. "It's just either laugh or cry," writes one of them; "and at times one is just as easy as the other, according to the view-point taken."

To the many, many women who would be glad to be "just daughters, sisters, wives, mothers," but who are yet forced to work in order to live and support dependents, there is little attraction in a business life. They would gladly turn away from the shops, factories, offices or other like work places if they might, and it is by far the minority who go into gain-

**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.

ful occupations simply as a means whereby they may "wear finery and run about to social gatherings," as some objectors say they do. The home woman works hard, and has many troubles and anxieties; but her sister in business stands shoulder to shoulder with her in the matter of burdens. Into every life compensations will come if we only seek to find them. The blackest cloud, you know, has always the sun behind it. In cheering others we find cheer for ourselves, and while we recognize the disadvantages, disabilities and discomforts, and shrink from them, we must try to walk always on the sunny side. If there are only clouds without, let us try to make the sunshine within. Our feet may walk in the valley-dews, but our eyes may overlook the mountain tops.

## Some Suggestions

Among our many letters are a few offering very sensible suggestions in regard to recipes and formulas, which I hope our friends will remember when they send in such things.

One suggests that, when one has a particularly good recipe, it be sent to the Home "Contribution" box. That when a recipe is tried and found successful or otherwise, the one using it should report her experience as to its reliability.

Another reader asks that we give weights and measures instead of local price of an understood quantity of ingredients to be used, as prices vary in different localities, and five cents worth in one place may cost twenty-five cents in another.

Another recommends that only tested, reliable recipes be given. This we try to do, but a recipe tested by one may fail with another from various causes.

One reader asks that when one sends a recipe or formula, it should be written out in detail, giving exact amounts by measure or weight (or both), order of mixing, and, in the case of breads or cakes, whether to be stirred, kneaded, beat, cut-and-folded, or "roughly thrown together." To one experienced in cookery this may seem unnecessary; but to the beginner, or one not particularly quick to catch ideas, it matters materially.

Another suggestion, which appeals to all of you, is that our readers, when interested in any matter relating to the home and family, should write to the editor, pointing out the good and suggesting applications, showing up the bad and cautioning against its continuance. As she very sensibly says, "One woman can not see every side of a question, and in suggesting subjects of interest and asking for their presentation, we shall be 'holding up the editor's hand' and helping her to help our vast army of readers, very materially broadening the influence of the Home pages, as well as vastly benefiting ourselves and widening our own out-look."

## Visit the Schools

Every mother has the strongest reason to take an interest in the schools to which she sends her little children. There are many things which will appeal to the mother that the father will overlook to the great hurt of the child in many ways. For a large part of each day, the little child, for whose moral and physical health the mother is held responsible, must be sent to the schoolhouse and

turned over to the care and influence of the teacher, of whose fitness and responsibility for the trust the parents are entirely ignorant. Much of the child's well being depends on the character of the school and teacher, not only in a mental, but in a moral and physical sense, as well. If the teacher is chosen merely through favoritism, or because of erudition, with no question as to other as necessary qualifications, much harm may be done to the little, timorous child, which should be carefully guarded against. Country school teachers are, many of them, young men, whose only interest in teaching is that it gives them a fairly satisfactory means of livelihood, or a salary that helps pay expenses in getting their own education. These young men are often very unsuitable care-takers for even the larger scholars, but are especially unprepared to look after the comforts and health of the tiny tots who go to the country school. When the teacher is a young girl, it is hardly better; but even elderly men and women are not always proper persons to whose care to trust the three-fold health of the young, impressionable child.

Mothers will notice, quicker than the fathers, if the schoolhouse is unsanitary, or the drainage of the grounds, the ventilation, the atmosphere, the provisions for lighting and heating, are not such as they should be. The habits, manners and language of the teacher should be investigated—use of profane language, slang, indulgence in intoxicants, tobacco or cigarette smoking, none of these should be tolerated in a teacher. A child is very imitative, and such usages have a bad effect on the manners and morals of the little ones.

## Necessity of Water Drinking

Because you do not feel thirsty, as you do in the hot months, you should not give up the water-drinking habit. At least two quarts of water is demanded by the normal action of the organs of the body, and the demand should not be neglected. Learn not to drink at meal-time, or while eating. The first thing in the morning should be a drink of water of the temperature which best suits your stomach, and of this you must be the judge. Some people can not, at any time, drink very cold water without a disagreeable sensation, while to another, the coldest water is the most satisfactory. If you like hot water, drink it, but if you do not, and feel that you can not, then try the temperature which suits best for your own comfort. But drink the water, of some temperature. The "gnawing" sensation so frequently troublesome, and the constant craving for food can both be remedied by drinking copiously of water—hot or cold, as suits your stomach. This constant "hungry feeling" is not a healthy one, but at such times, the stomach is like a fretful child which does not know its own needs. Try the water-cure for this. Many times, if you will abstain entirely from food for a day, subsisting on the copious draughts of water, you will find yourself much improved, mentally and physically. For many ailments, water-drinking is much prescribed instead of drug-taking. If you have never tried it, began now to develop the water-drinking habit, punctually and persistently keeping it up for weeks and months. It is a great beauty maker, and nothing will clear

the complexion and sweeten the breath like plenty of water taken internally and applied externally.

Few things will soften, whiten and heal the hands equal to a persistent use of old-fashioned mutton tallow. Get from your butcher a nice piece of mutton tallow and "render" it as you would lard, being careful not to brown it. Strain it into a cup and add a few drops of carbolic acid, or strong camphor, and beat it well together. Let it harden, and, after washing the hands nicely at night, rub it well into the skin, and your red, chapped, cracked hands will become smooth and comfortable. Do not reject a remedy simply because it is simple and inexpensive.

## For the Toilet

As the year wanes, the winds grow rough and cold, and are apt to cause roughness of the skin, together with chapping and cracking of the hands which is often so severe as to be very painful. There is usually a lack of moisture in the air, and the perspiration is not so free, and thus a dry, drawn condition of the skin obtains. If you stay closely in the house, a little outing in the cold will cause the cheeks and chin to roughen and chap, and in order to prevent this, it is necessary to always wear a veil. For the hands, some kind of glove or mitt should always be put on, and when one is at work, it is of little consequence whether the handcovering be expensive or not, so it protects the cuticle from the weather.

Do not wet the hands or face just before going out, if it can be avoided. If they must be washed, be sure to dry them thoroughly and rub over them a very little of some healing cream. Nightly washings, with a rubbing in of a good cold cream, the use of a very little water during the day, will do much to keep the skin smooth, but for the one who must be "in the water" at all hours, about her work, only pure vegetable soaps should be used. Do not use, or allow your

## NEW YEAR'S CALLS

A New Drink to Replace the Old Time "Apple-Jack"

Twenty-five years ago the custom of making New Year's calls was a delightful one for all concerned, until some of the boys got more "egg-nog" or "apple-jack" than they could successfully carry.

Then the ladies tried to be charitable and the gentlemen tried to be as chivalrous as ever and stand up at the same time.

If anyone thinks there has not been considerable improvement made in the last quarter of a century in the use of alcoholic beverages, let him stop to consider, among other things, the fact that the old custom of New Year's calls and the genteel tipping is nearly obsolete.

The custom of calling on one's friends, however, at the beginning of the new year, is a good habit, and another good habit to start at that time is the use of well-made Postum instead of coffee or spirits.

A Staten Island doctor has a sensible daughter who has set Postum before her guests as a good thing to drink at Yule Tide, and a good way to begin the New Year. Her father writes:

"My daughter and I have used Postum for some time past and we feel sure it contains wholesome food material.

"I shall not only recommend it to my patients, but my daughter will be most pleased to give a demonstration of Postum to our Christmas and New Year's callers." Read "The Road to Wellville" in pkgs. "There's a reason."