

# The Home Department

Conducted by Helen Marks Adams

## His Mother

A sodden image of a man,  
He lurches slowly down the street,  
Unconscious of the scornful scan  
Of all of those that he may meet—  
A wreck, an outcast, hopeless, lost,  
A drifting hulk that seeks no shore,  
But, billow-borne and tempest-tossed  
Will drift and drift for evermore.

And yet somewhere each morn and night  
His name is whispered soft and low  
In prayers that rise up to the light,  
That shines with an eternal glow;  
His name is whispered as of old,  
By one to whom he still is dear—  
His mother, with her heart of gold  
Breathes forth a prayer God will hear.

Though lost to her through all these years,  
He still remains her little boy  
That ran to her with childish fears,  
Or brought to her each broken toy;  
She has not seen his mottled face,  
Nor heard his husky, whining tones—  
She breathes his name to that white place  
Where angels kneel about the throne.

The mother-heart is deep, so deep  
That none of us may know how long,  
Nor yet how surely it will keep  
The love it has all sweet and strong;  
Each morn and night she breathes  
His name,  
In blessings we may think unheard—  
She does not know the ways of shame  
Down which he looks with eyes all blurred.

A sodden image of a man,  
A wreck, an outcast—but can we  
Sense aught of the eternal plan,  
Know aught of this great mystery?  
She breathes her prayers night and dawn,  
And which among us would destroy  
Her fancies of the days ago,  
Her blind faith in her "little boy."  
—W. D. Nesbit in St. Louis Republic.

## "Keeping Accounts"

It is a useless waste of time to "keep accounts" unless you read the lesson the records teach you—or heed it. The mere setting down of every item of income or expense will make you neither richer nor wiser; the profit comes to you through comparing these accounts, and seeing where the leaks, if any, come in. These accounts should not be allowed to run, any more than should the accounts at the store; the books should be carefully balanced at least once a week; at furthest, once a month; and every item, large or small should be found set down in its proper book. By this means, one can know at a glance just wherein the money is being needlessly spent, or in what particular item economy must be practiced. The balance must be kept on the income side, if possible; do not let it get into the deficit column, for "that way madness lies." Wear the old clothes, cook fewer dishes, gather up the fragments on every hand, and do not be ashamed of patches, darns, and doing without, where it is neces-

sary. But study the meaning of the word economy. See that you do not make it spell niggardliness, stinginess, or parsimony, for it is none of these. Often the most economical thing you can do is to spend money; but try to be very sure you are getting its value. A "cheap" thing with little value is the "dearest" thing you can handle. Let what you do buy be of the best for the purpose for which it is intended, and plan to save by a rigorous "doing without" until you can pay for something of value. I know there are many sides to this "saving" question, and you must learn to look at them all. Then, too, in the matter of desirability, few of us can dictate to another. What would spell sincere happiness in your case, might mean utter discontent in mine. Get what you want—if you can pay for it; but get the best for the purpose, and don't get it if it will cost you your self-respect and the confidence of your friends because of your inability to pay for it. Let nothing rob you of your own self-respect. One of the surest ways of respecting yourself, and making others respect you, is to keep your accounts straight, and the balance on the income side of the sheet.

## Old Stitches Revived

For the French knot-stitch, draw the needle through the upper side of the cloth; hold the needle with the right hand, and with the left wind the silk tightly around the needle two or three times, and push it back through the cloth close to the point at which it was brought up. Hold the twist close to the goods with the left hand in order to keep the silk from tangling. The French knot is much used.

Brier stitches, sometimes called cat-stitch, is used where a more effective result is desired than that obtained by the simple outline stitch. It is used for many purposes of usefulness, as well as ornament. Begin at the top, or upper point, furthest from you, and bring the needle up from under; take a short stitch along the line you are working, and throw the silk below the needle, between it and the goods. Draw the thread through, then take the second stitch in the opposite side of the line, so that it will be the reverse of that just taken. The double brier stitch is done in a similar manner, except that two stitches are taken on each side of the line, instead of one. There are many different forms of these fancy stitches, and the use of them may be made very ornamental. We used to call them "crazy-quilt" stitches.

## Mending and Darning

Do not delay the mending of a rent or tear longer than is necessary. If it can not be attended to at once, at least do it before the garment goes to the laundry. If the garment has been washed, the scrap to be used for mending should also be washed, in order to shrink the new goods, or to make the color "tone" with the material to be mended. For material that does not require washing, this method of mending is recommended: Lay the garment right side down and put the edges of the rent close together as possible; cut a piece of mending tissue rather larger than the space that is torn, and lay on top. Take a piece of thin woolen fabric the same size of the tissue and as near the color of the

cloth as possible; lay that on top of the tissue, and when placed in exactly the right position, iron with a hot iron until the patch adheres to the garment. The heat will cause the tissue to dissolve, forming a kind of paste or glue, which will hold the patch. If the material is of light-weight goods, it will be best to use a patch of the same, being careful to match any design, or the grain of the goods; but if the material is heavy, a lighter weight patch will be better, but the color should match well.

For darning, if the fabric is thin, or of light weight, the edges must be drawn as closely together as possible, and may be basted in this position on the right side to a bit of paper. On the wrong side lay the patch, matching the cloth in color, design and "thread" of the goods, and press on the wrong side with a hot flatiron. The paper can then be removed, and the edges darned down to the under cloth, using a fine needle, and if possible, ravelings of the material; if ravelings are not to be had, use a soft thread at least as fine as the thread of the material. When finished, the darns should be pressed on the wrong side, with a damp cloth between the iron and the garment.

## Baby's Garments

For the baby one or two years old, that will soon be getting out into the sunshine and tumbling on the grass, make little durable panties of either colored or white goods for every day wear, and let the panties button comfortably around the leg below the knee. Make the little petticoats, cotton or flannel, to button onto a little plain waist, which may be either made at home, or purchased ready to wear for a trifling cost; some of the little skirts may have a hem, others some strong lace or embroidery; but let it be made for wearing qualities. For "dress-ups," the trimming may be more elaborate. Be sure to make several pairs of "rompers," or "overalls," in which it may roll and tumble as it pleases. Gingham, colored chambrays, or soft, thin denims wear well, and save much laundering. For the very little tots, the pattern is simply a gored two widths, with the fullness gathered in at the neck; the sleeves are of the bishop pattern, finished with a narrow band, and there is a semi-circle cut out of each breadth at the bottom; the edges of these are faced and buttons and buttonholes put on; the garment slips over the head, is buttoned at bottom and sleevebands, and the little garments will not be soiled or stained. Paper patterns for these can be had, but the garment is so simple that it can be made without. For the four or five-year-old, make the regular blouse and overalls, dress them, and turn them loose.

## Table of Measurements

Four level teaspoonfuls of liquid is equal to one level tablespoonful. Three level teaspoonfuls of dry material is equal to one even tablespoonful. Sixteen tablespoonfuls of liquid—one cupful. Two cupfuls—one pint. Four cupfuls—one quart. Four cupfuls of flour—one quart, or one pound. Two cupfuls solid but-tered sugar—one pound. Two and one-half cupfuls of powdered sugar—one pound. One pint of milk or water—one pound. One dozen eggs,

medium size, should weigh one and one-half pounds. Skim milk is heavier than whole milk; Cream is lighter than either, while pure milk is three per cent heavier than water.

Liquids—A pint contains sixteen fluid ounces. One ounce, eight fluid drachms (one-fourth gill). One tablespoon contains about one-half fluid ounce. One teaspoon contains about one fluid drachm. One wineglassful equals four tablespoonfuls, or two fluid ounces. One teacupful equals eight fluid ounces, or two gills. It is always best, if possible, to have a pair of kitchen scales, and a set of measuring cups and spoons. In this way, one is not at the mercy of the inaccuracies of the average "guess," which is to blame for many spoiled dishes and unsatisfactory preparations. The cups and spoons are not expensive, and may be either glass, wood, enameled ware, or tin. Anything is better than nothing.

## "Stirring up the Liver"

An editorial in Cooking Club says: To the question, "Why do we take pepper, salt, mustard and spices?" the answer is made, "Because they tickle the glands of the stomach and make them work. They also stir up the liver, and a stirring up of this organ is an important thing for people who live sedentary lives." Current erroneous practices and medical teachings may be a justification for the error embodied in the foregoing statement, but certain it is that nothing is more unnecessary in the diet, and few things less called for, than irritating substances to "tickle the glands of the stomach and make them work." If the glands are made to work by irritation, the irritation must be constantly increased, more and more in intensity until the poor stomach becomes the seat of inflammation. Then degeneracy of the glands sets in, and the end is total inability to work. The poor stomach becomes bankrupt, and no longer makes hydrochloric acid, pepsin, or any other of the useful ferments which a healthy stomach produces. It is equally unnecessary to "stir up the liver." People who live sedentary lives are the last of all people who should treat the liver in this way. The liver of the sedentary person is starved. It is in the condition of the Israelites who were required to make brick without straw. Instead of being lazy, it is crippled, over-burdened. It needs oxygen to enable it to do its work; the man who neglects to exercise does not take a sufficient amount of air into his lungs, and hence does not properly oxygenate his blood. Such a liver needs help, not stirring up. It is like heaping loads upon a horse, then laying on the whip. When most of people have trouble with the liver, they goad and punish the burdened organ with irritating substances and, if this fails, they call in the doctor to give them some more potent liver-tickler. \* \* \* The result of this outrageous treatment is seen in the rapid increase of gastric disorders of more or less serious and painful nature, from which, according to certain pathologists, every tenth person is a greater or less sufferer.

## Tested Home Remedies

Refined castor oil, applied to a corn or wart on absorbent cotton once a day for some time will surely remove them.

For soft corns between the toes, or for bunions, paint with iodine. This will take the soreness out of them.

An excellent external application for treating colds is made of five

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.