



# The Home Department

Conducted by Helen Matis Miller

## The Little Roads

The little roads go up and down  
Among the valleys and the hills,  
They skirt the fields of green and  
brown,

They wind beside the singing rills,  
And forest trees beside them lean  
And reach their boughs to those  
across

And shake their leaves as though  
they mean  
A mythical salute to toss.

The little roads—we see them when  
We whirl along the ways of steel,  
And haunts of peace afar from men  
The winding little roads reveal;  
We see the elderbush in bloom,  
The wild rose flaming through the  
trees,

And pungent breaths of wild per-  
fume  
Are wafted to us on the breeze.

And now and then we see a roof  
Half hidden in a sea of green  
As though the house would hold  
aloof

From all things hard of heart and  
mean,  
And leading to the house we see  
A little road that seems to know  
The fellowship of bird and bee  
And of the goodly things that  
grow.

The little roads—for one and all  
They have their summons and  
their lure,  
Their dust wreaths rise and leap and  
fall,

Their charm is one that will en-  
dure;

At dawn, or noon, or in the dusk,  
When crickets sing their twilight  
odes

In mingled scents of mint and musk  
We know the call of little roads.

The city's streets are broad and bare,  
The city's streets are straight and  
long—

Ho, from the little roads somewhere  
Still murmurs an insistent song,  
And we would fain go trudging down  
As vagrants having no abodes  
Save shadowed places far from town  
Along the winding little roads.

—W. D. Nesbit in St. Louis Republic.

## Tact and Etiquette

One signing herself "Mrs. R. W." tells me that on the occasion of a visit from a dear friend whom she had not seen for years, and whose stay with her was necessarily very short, a next-door neighbor, seeing the stranger entering her home, at once came over and, despite coolness, and unmistakable hints that her room would be acceptable, remained very nearly the whole time her dear friend had to spend with her. On another occasion, one guest who had been with her for several days, was preparing to spend the day in the city, when another friend from a distant state came in, saying she had but that one day to give to her hostess. These guests were strangers to each other, and with but little in common; but on the coming of the second guest, the first one promptly laid aside her wraps and remained at home, thus utterly spoiling the visit between the two friends who had so much to say to each other which they did not care for another to hear. In both these cases, Mrs. W. says she never saw the dear friends again, as both have since died. She asks what she should have done, as both these intrusive guests were apparently well-bred women, and should

have known better without being told; but their tactlessness caused her untold sorrow, and she can never feel kindly toward either of them again.

Whether well-bred or not, these ladies showed a singular lack of politeness and tactfulness, and one might almost be pardoned for being rude enough to ask such to give her the pleasure of their company at another time. There is little to say, except that one should "say the necessary things in the kindest way," doing to others as she would be done by, which is, after all, the true basis of politeness. A very good rule for any one to follow is, when a friend is known to have company, not to intrude unless invited to meet the guest. If one happens to call and finds her hostess already occupied, the late comer should be quick to note whether or not her presence causes embarrassment, or if the guest already with the hostess is, for any reason, business or otherwise, to be favored, in such case, her departure should be taken at once. Where one guest has had her visit, and another comes, she should find some occasion to absent herself, leaving the hostess to the entertainment of the new guest, unless very urgently pressed to remain. This may not be "etiquette," but it certainly is "good sense" and tactfulness.

## Feasting, or Fasting?

In these days of contradictory evidences and advices, one hardly knows what to believe, or whether to believe anything very strongly. But of one thing the most of us may be certain—that we are "digging our graves with our teeth." Too much time and strength is spent, on the part of the housewife, in planning and preparing the meals, and too much eating is indulged in by nearly every one. It is being demonstrated on all hands that what we need is not more cooks, but less cooking; less food and more fasting. Evidence is accumulating in all quarters that most of people "live to eat," and eat altogether more than the digestive organs can care for without breaking down.

Referring to an article which recently appeared in our home talks, a reader from Little Rock, Ark., tells us that, until the age of fifty years (some seventeen years ago), he ate all sorts of foods and suffered all sorts of ailments, for which he took all sorts of medicines—as is the custom "even until today," with the masses of people; then he quit the use of meats and medicines, and began eating to live, and during these later years, he has been free from ailments; seven or eight years ago, he also quit taking breakfast, and he is now, at the age of sixty-seven, hale, hearty, vigorous mentally and physically, with a clear mind, hopeful, cheerful, brighter memory, and feels greatly benefited in every way. He tells us that he can do hard physical or mental labor with much greater ease than formerly, and eats only two very light meals a day—usually milk and graham bread, and sometimes fasts for several days at a time.

Another letter is from a lady of "several years past sixty," who has always been a light eater, her poor appetite being a cause of constant comment among her friends. But she is a very active, energetic old lady, doing hard mental and physical work and "holding her own" among women twenty years younger than

herself, bright, cheerful, hopeful and deeply interested in the questions of the day, and she attributes much of her mental activity and physical energy to the fact that she "eats to live." This lady lives principally on a meat diet.

## For the Seamstress

Costumes having the skirt and bodice either alike wholly or in part are general favorites. Sometimes the gown is made in princess form, but quite as often it is composed of a skirt and bodice made separately, but of the same material. The shirt waist suit still holds first place for hot weather wear, and in some instances, the dress is made in one piece, having the waist and skirt attached at the belt.

These garments are made of prints, gingham, lawns, linens, silks, and wash fabrics generally, in whole; or the skirts may be made of any of the season's light-weight woolen suitings with matching jackets, and shirtwaists made of wash materials.

In one of the new styles, a girdle, made of a shaped piece of the dress goods, is built into the skirt, and this can be put on over the shirt waist, fastened with hooks and eyes on the back; it is claimed that the girdle skirt gives an appearance of slenderness to the figure, much more satisfactory than where the separate belt is worn.

The three-piece combination suit consisting of drawers, corset-cover and under-petticoat, cut to fit the bust measure, and hang in princess lines, is very much liked by those wearing them. The skirt has drawers front and skirt back, and there is no surplus muslin about the waistline.

Some of the waists are cut without an armhole seam, and thus the free use of the arms allowed in the outdoor sports of the season.

Many of the last season's styles are retained, as their usefulness will not allow of their being dropped.

Short sleeves are still seen on the summer wear, but the new styles are introducing the full-length sleeves among the best-gowned women, and a favorite is the one-piece or two-piece leg-o'-mutton styles which are suitable for any fabric from cloth to lace.—Ladies Home Journal.

## Laundering Cuffs and Collars

For cold starch, use one tablespoonful of starch, scant half pint of water, four drops of turpentine, and as much borax as will lie on a dime. Dissolve the borax in a tablespoonful of boiling water; pour a little water onto the starch and mix it quite smoothly with the hand, adding the rest of the water, turpentine and dissolved borax, taking care not to pour in the sediment of the borax. This is enough for four collars and two pairs of cuffs.

Wash the cuffs and collars clean, and have ready a couple of clean towels to roll them up in when starched. With the finger stir up the starch evenly, dip one piece in and squeeze dry, then rub with both hands to get the starch well into the fabric, and dip again into the starch, repeating the rubbing. Smooth the piece out and lay it flat on one end of the towel, and turn the towel so no two pieces will touch. When all are starched and laid on the towel, cover with the second towel and roll up firmly and tightly

and lay away for two hours. Have your iron perfectly clean, and your ironing sheet pinned smoothly on the board. As you unroll the towels, do not expose more than one piece at a time.

Take a clean cloth and wipe off the surface of each side of the collar or cuff before attempting to iron it, to prevent the iron from sticking. See that the iron is hot enough before beginning a piece, and do not change irons while doing that one piece. Iron the collar lightly on the wrong side, then turn it and iron lightly on the right side; turn it again and iron heavily on the wrong side, then heavily on the right side. For collars, always iron the band first, and always iron a piece until it is perfectly dry. For polishing, good work can only be done by the home laundress after much practice, and with an iron made purposely for the work.—Housekeeper.

## The Cooking Chest

"One of Our Girls" sends the following: "If you have not tried the cooking box, try it this summer. Take a box—the ordinary cracker box will do—and have the lid fit tightly. Cover inside and out with asbestos, as this is a non-conductor of heat; but if you can not get the asbestos, newspapers may be used, putting on several thicknesses. The idea is to keep things hot after putting them inside the box, and paper is a good medium. See that there is a good cushion of paper inside, and well-lapped at the corners and angles. It is a good idea to put the vessels you intend to use in this box, and pack tightly around them crushed paper, so that when they are lifted the paper mould will retain its shape. Use the same vessels to cook in. Bring the contents of the vessel (whatever you want cooked) to the boiling point over the fire, and let cook for five to thirty minutes, according to what it is; then, without uncovering, place the vessel in its nest in the mass of paper, and cover closely with more paper, and on this cushion of paper, put the box lid, weighting it down tightly on the top. Let the box stand in any convenient place, and leave the food in the inside until done. You will soon learn to know how much time to give to each article. A soft blanket, or quilt tucked about the box is a help in keeping in the heat. Some experience will inevitably be necessary before the management of the hay box is a complete success; but it is so with nearly all cooking processes."

## "Judging by Appearances"

It is not necessary for one to prosper greatly, or to possess an over-abundance of this world's goods in order to become a target for the cavils of the envious minded who see no deeper than outside appearances. Many persons have attained to an appearance of prosperity only through much self-denial, hard work, close economy and promptly doing without not only luxuries, but often necessities for which they could not at once pay the price. If, now and then, they do indulge in some seeming extravagance, this has been made possible only through much planning and saving in order that the wish might be gratified. It is not an extravagance to them, but a necessity, for which they have saved and striven where others may have wasted.

## Denatured Alcohol

It is claimed that denatured alcohol promises to be one of the most valuable aids to the housekeepers

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.