



The Home Department

Conducted by
Helen Watts Neely

Don't Forget the Potatoes

"An old lady sat in her old arm-chair.
For days and for weeks her only fare,
As she sat in her old arm-chair,
Had been potatoes.

"But now they were gone, of bad or good.
And she thought of the deacon over the way,
The deacon so ready to worship and pray,
Whose cellar was full of potatoes.

"She said, 'I will send for the deacon to come.'
And the deacon came over as fast as he could,
Thinking to do the old lady some good,
But never for once of potatoes.

"He prayed for patience, goodness and grace;
But when he prayed, 'Lord, give her peace,'
She audibly sighed, 'Give potatoes.'

"So, ending his prayers, he started for home,
The door closed behind him, he heard a deep groan:
'Oh, give to the hungry potatoes!'

"And the groan followed him all the way home;
In the midst of the night it haunted his room;
'Oh, give to the hungry potatoes!'

"He could bear it no longer; arose and dressed;
From his well-filled cellar taking in haste
A bag of his best potatoes.

"The widow's heart leaped up for joy,
Her face was pale and haggard no more.
'Now,' said the deacon, 'shall I pray?'
'Yes,' said the widow, 'now you may.'

"And would you who hear this simple tale,
Pray for the poor, and praying prevail?
Then preface your prayers with alms and good deeds;
Search out the poor, their wants and needs;
Pray for their peace and grace, spiritual food,
For wisdom and guidance—all these are good—
But don't forget the potatoes!"
—The Independent.

The Family Wardrobe

In the matter of economy between home sewing and ready-to-wear clothing, unless the house mother has a liking for sewing, an aptitude for cutting, fitting and putting together, in addition to time and strength for the work, it is about as economical to buy the factory-made wear as to make it one's self. If the sewing has to be hired, in addition to the cost of the materials, it will greatly enhance expenses, and very often the work will be most unsatisfactory in every way, and all

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 the pain, cures
wind colic and is the best remedy for diarrhoea.
Twenty-five cents a bottle.

comfort in the wearing of the clothing spoiled.

Not every woman is a good seamstress, nor can they give a good account of the materials that pass through their hands, and to attend to all the other demands made upon them in addition to the sewing, makes veritable slaves of them, keeping them constantly in the treadmill which makes wrecks of our women. This condition usually means discomfort in the home, neglect of important affairs, and too often useless doctor and drug bills, for no drugs will rebuild the breakdowns from worry and overwork. Nearly all underwear can be bought fully as cheap as it can be made at home, although the home-made will probably be of better materials, but the health, strength and time of the seamstress must be counted in the cost, as well as the materials used. Knitted underwear of all shapes, sizes, weights, materials and prices can be had, and it is a very poor garment that will not stand the wear of two or more seasons. If the winter wear is bought in January or February, which is really the time we need it, and the summer goods in July and August, much saving can be made, especially on broken sizes, short-lengths and remnants. If one does a cash business and buys only what is needed, it should be as easy to buy at one time as another.

In the way of muslins, the great objection is to the profuse use of cheap trimmings, cheap laces and poor embroideries; but if even this material were bought by the individual at regular prices, the materials would cost about as much as the finished garment. And even these will, in nearly all cases, serve for two or three seasons at a little cost to replace any torn or tattered trimmings.

"Buying the Best"

One of our readers says: "Tell our people to always buy the best." And that is good advice; but there are so many things to consider in deciding what really is best, that the question of what really is best is hard to decide. What would be best for one would be very bad for another, and what would be regarded as economical in some cases would seem very extravagant in others. It is always well to buy the best we can pay for, for the purpose for which it is intended. Poor material, in any line, is always poor material, use it as we may.

"Making the Most of Money"

Sometimes, when we measure the demands made upon our purses by the contents of the purse itself, we are inclined to envy the freedom of the little brown people the World's Fair brought to us, in the matter of clothing, at least. But a great deal of the worry might be eliminated if we would only realize that it is due to our desire to live up to the standard of dress and housekeeping set by someone whose means exceed our own; that we are, in fact, sacrificing ease and comfort in our desire to achieve beyond our limitations—to reach what is beyond us. We feel that we have a right to all the comforts and beauty that another enjoys, and we strain our resources and our nerves to reach them; but we are continually baffled in our attempt to grasp them; stern

necessity stays our hand when we try to stretch it over the needed to secure the desired. But in this we are only "one of the crowd." Even those we envy have their limitations, and are sorely straightened at times. There are a few good rules which it would be well to live up to, and they apply as well to men as to women: Get only the things you can pay for, and for which you have a definite use, either now, or in the very near future. Do not buy merely because a thing is "cheap," or reduced in price, with the idea that it may "come in handy" at some future time. Few people have money to tie up in indefinite "futures." Buy only what you need, and try to get the value of your money.

A Co-Operative Scheme

We find an article going the rounds of the press, the idea contained in which might profitably be taken up by more than the girls. The "scheme" is good, whether the item is true or not. The story goes that half a hundred girls employed in the offices, stores and factories of a big Missouri city have taken up the matter of a vacation in a co-operative way, and are now saving their money and putting it into a common fund which will enable them to enjoy a thoroughly good time during the hot weather. And besides, they are making an investment which is likely to bring them a splendid interest. They are buying their summer home down in the Ozark mountains of Missouri, which region has one of the finest climates in the western world, and are paying for it out of their wages at the rate of fifty cents a week, and they are all going down there this summer and live the simple life for as long as their vacation lasts.

They have bought a forty-acre tract for the sum of \$120. A log cabin cost them \$75; a barn is built, a fence put around the place, and a few trees will be planted in the spring. The total cost is not expected to be more than \$300. The fifty girls have raised the necessary sum for the payment of the land, and expect to have a neat sum in the treasury when the vacation season arrives in July, with which to further equip their home in the way of furnishings, and fixing up the property. A garden will be planted, and altogether, the girls anticipate a delightful time. Other associations are copying their idea, and there is no reason why it should not be all their fancy paints it. On such a "farm," much of the furnishings may be home-made, and log cottages cost but little and can be made very picturesque, while living as supplied by the surrounding country, is cheap and of the best. The scenery is beautiful, the climate delightful, and the air is full of ozone. Think what a heaven such a place would seem to the average city family! Each family could have its own picturesque cabin, and for a few months, at least, life would seem worth living, at comparatively small cost.

"Cross-Stitch" Embroidery

The needle-work known as cross-stitch, Berlin work, Russian embroidery, Canvas stitch, Plantation embroidery, etc., is of very ancient origin, and it is claimed that it was used in the decoration of the curtains of the Tabernacle. In the thir-

teenth century, the work was much used in decoration of kneeling mats, and cushions in churches, because of its great durability, and church vestments are still existent, preserved from medieval times, showing the cross-stitch embroidery just as it is done now. Cross-stitch is not restricted to use on ginghams or canvas; wool goods, silks, satins, velvets, plushes, and any goods through which silk, cotton, linen or woolen threads may be easily drawn are in order. If neatly done, with due regard for regularity of stitches and carefulness of design, it can be made very beautiful, and is quite popular for many kinds of ornamentations, and trimmings.

"Cross-Stitch" on Heavy Fabric

When heavy fabrics are used as a background for cross-stitch work and the material presents no check-like weave or figure which makes it possible to count the threads, the work must be done over canvas, and the canvas removed when the work is finished. In some cases, the designs are worked on bands of bunting, scrim, grenadine, cheese cloth, duck, tarlatan, crash, and the like, and these bands applied to the fabrics as wanted; or bands of velvet are worked and disposed of on the gown. Or the stitches may be simply worked over the band on the fabric, as in the case of canvas, only that the underlying fabric remains. The embroidery may be worked upon the hand, or in a frame, the latter being the most practical. When on frames, the material to be embroidered is stretched in the frame, under canvas or not, as desired, and if canvas is used, it must be drawn, thread by thread, from the work, either by drawing out, or cutting close to the work. Great care must be taken in removing the threads of the canvas that the stitches should not become in the least disarranged.

"Cross-Stitch" Embroidery

One of our girls wishes to know how to copy a crochet pattern onto checked or barred gingham to be worked in cross-stitch. I copy the following directions from the Farm World:

"To copy the design on checked or barred gingham, one has simply to work a cross-stitch (taking a stitch across the check diagonally from right to left and from left to right, like X) on each check crossed in the pattern, or made to represent a block of stitches in crochet, leaving the others unworked, or, as a change, cross the spaces and leave the checks unworked. To transfer the design to unmarked fabric, take a square of paper the size you wish your work to be, mark it off with the same number of squares or checks there is in the design, place this over your plain fabric with a sheet of impression paper (such as is used with a typewriter) between the paper and the goods, fasten securely, either with weights, thumb-tacks, or in any desired way, so that neither cloth nor paper will slip, and copy the design on the checked paper, using some sharp-pointed instrument—a lead pencil will do—for the tracing."

Hand-Made Trimming

Many girls and women who long for pretty clothing, yet have little money to spend for such things, and much time for which they can find



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