

The Home Department

Conducted by Helen M. M. M.

Life

Give me a taste of life!

Not the tang of a seasoned wine;
Not the drug of an unearned bread;
Not the grape of an untitled vine.
The life that is really life;
That comes from no fount afar,
But springs from the toil and strife
In the world of things as they are.

Give me the whole of life!

The joy, the hope and the pain,
The struggle whose end is strength,
The loss that is infinite gain.
Not the drought of a cloudless sky,
Not the rust of a fruitless rest;
Give me the sun and the storm;
The calm and the white sea crest.

Give me the best of life!

To live in the world with God,
Where the seed that is sown and dies
Lifts a harvest over the sod.
Where beauty and truth are one,
Where the right must have its way,
Where the storm-clouds part for
stars,
And the starlight heralds the day.

Give me the toil of life!

The muscle and mind to dare.
No luxury's lap for my head.
No idly won wealth to share.
Whether by pick or plane,
Whether by tongue or pen,
Let me not live in vain;
Let me do a man's work among
men.
—Charles P. Cleaves, in *Youth's Companion*.

How One Woman Makes a Living

Recently a well known "woman writer" was interviewed by a newspaper correspondent. The writer usually gets out two or three books a year, and they are widely read. The woman has a neat, pretty, home, well supplied with comforts, and the reporter remarked that it spoke well for woman's advancement when a home like that could be kept up by book writing. "But I do not keep up this home by book writing," the author said; "it costs me 500 pounds a year to keep up this style of living, and I never make more than 150 to 200 pounds a year from my books." "I understood you to say that you had not been left with an income, and that you had made your own living by yourself?" "True," replied the writer, "and I make another 200 pounds out of newspaper and magazine writing, and the rest of my income I make out of mince-meat." "Mince-meat?" echoed the reporter. "Yes, mince-meat," was the answer. It transpired that this successful and envied book writer had been, for several years, carrying on a private trade in mince-meat made by herself with the help of another lady, beginning her sales among her friends, who recommended it to their friends, they to others, until finally, by making a first-class article and pursuing business methods, a steady income was secured from her plant.—Housewife.

Getting Rested

It is not everybody who can have a relief from work, or get away for even the briefest vacation trip. The working man who labors for the bare subsistence of himself and family, and the housewife whose round of work ties her to her treadmill without hope of change belong to this class. The churches wind up their work for the season, but the poor do not stop living, and sickness

and death go right on in their ravages. Thousands of women, girls and men and young men have to toil right along, and even when their employers allow the time, the demands upon their means are such that no thought of a cessation from toil occurs to them. The needs of the human family know no rest, and the general working class realize that a vacation which means idling, or change of scene, is not for them. For these, the sensible thing to do is to live so that every day may contain a few minutes or hours of rest and recuperation, and this can be done, not by folding the hands, but by a judicious change of employment, and a proper exercise of the least active side of life—for the mental worker, the muscular should employ the spare time; for the physical toiler, activity of the mental forces should be encouraged. Physicians tell us that many people come back from their vacation in far worse condition physically than when they went away. This is in many cases caused by the fact that people who go into the country eat too much, and of unsuitable foods, and either take too little exercise, or try to live the strenuous life in the efforts to get as much out of their play-time as possible. Among the things taken on the pleasure trip there is nothing that will prove of greater value than a good little bundle of common sense, and it should have a plentiful seasoning with good, practical judgment. Be sure to pack it where it can be reached at all hours.

Winter Blooming Geraniums

We have scarcely more than got our gardens planted and the bedding plants in the border, yet it is time to plan for next winter's window. If you want your geraniums to bloom during the dark days, now is the time to give them attention. They should by this time have become well established in the garden, and preparing to bloom. But you must choose those you wish for next winter and cut away at least half their branches, shortening them to about half their present length, and this will cause them to grow more bushy and stocky. They should be potted at once, and set them in a partially shaded situation where they will get well started in their new quarters, and the pots would be better sunk in the ground up to their rim. When they begin to grow freely, give them a little fertilizer occasionally, but do not try to force growth. If buds form, pinch them out, and allow no bloom, keeping them debudded until late in the fall. Six or seven inch pots are large enough. If you do not care to keep the old plants over, get new ones from the florist this month, or start cuttings yourself, which will root readily, and when growing thriftily, pot them and keep growing. Remember that the soil in the pots, even if sunken in the earth, will dry out, and you must see that the earth about the roots is kept moist. Even in rainy weather, the potted plants sometimes suffer for moisture. Any branches inclined to straggling growth should be pinched into shape, and the plant kept as shapely as possible. This will apply to other plants besides geraniums. Fight the green louse and keep the plants free from their depredations. Warm soap suds, made with white soap, applied to them with a garden syringe, will generally sicken them. A half hour

after wash the suds off with clear water. A tea made of quassia chips will have a disastrous influence on the pests, and the fight must be kept up all summer. They suck the life out of tender rose tips, as well as other plants.

Sandwiches

Unless the bread is freshly cut the slices will soon become dry, and unpalatable. The slices should be cut thin and evenly, and the loaf should be fresh. To cut a fresh loaf satisfactorily, dip the knife in very hot water before slicing. Butter should be spread on the loaf before the slice is separated, as otherwise it is almost impossible to spread the butter without breaking the slice. A sure way to keep the sandwich from getting dry is to fold several layers of wet cloth over them; this will keep the dry air from them and preserve moisture. The savoriness of the sandwich will depend on the quality of the bread.

Disinfecting After Disease

For disinfecting a room and clothing which has been occupied by a person suffering from disease of a contagious nature, Dr. Reeder, in *Colman's Rural World*, gives the following directions:

Procure from your druggist either one pint of 40 per cent solution of formaldehyde, or two ounces of paraformaldehyde, and one-half pint of potassium permanganate. Make the room as air-tight as possible by stuffing all cracks and closing all openings. Put into the room all the belongings which the afflicted one has worn, used or handled, as well as all bed clothing, etc., that could have been contaminated. Place in the middle of the room an old pail that will hold at least six quarts of water. Put into this pail one quart of cold water; then pour in the formaldehyde, afterwards adding the potassium permanganate, and leave the room instantly, as the gas which is formed by the combination of the chemicals will suffocate you if breathed, and close the door tightly between the rooms, leaving it closed overnight, or for at least six hours. Keep out of the room for six hours, and when it has been closed the required time, go in and quickly open the doors and windows, and leave them open for several hours. The gas will kill all impurities in the room, bedding and clothing, and they can then be used with perfect safety.

For Catarrh

A solution of equal parts of listerine and peroxide of hydrogen applied with a spray to the nose and throat is very beneficial for a catarrhal condition. Another remedy is, half an ounce of the oil of Eucalyptus, and put five drops of the oil in a teacupful of boiling water, stir with a spoon, and inhale the steam through the nose and mouth. As soon as the water gets cool enough to drink, sip the water slowly, with whatever oil remains. This has excellent effect.—Dr. Reeder.

Home-Made Pastilles

Two ounces of gum tragacanth in one pint of water, and allowed to stand several hours, stirring frequently until all is dissolved. When entirely dissolved, add one ounce of nitrate potassium. In another vessel stir well together one dram each of oils of lavender, cloves, cinnamon,

thyme, caraway, geranium, and sandal rhodium. Stir well together in another vessel two pounds of powdered willow charcoal and four ounces each of benzoin and oilbanum. When thoroughly mixed, add the oils and the dissolved gum at the same time, and very slowly work into the mass so it can be handled and made into slender sticks or cones. If the mixture is too stiff to work without crumbling, add a very little water, and it must be so well worked that it will not crumble, and when shaped, lay the pieces away to harden. When used, put one in some suitable receptacle—a small brazier, candle-holder, or the like, and light with a match. One will burn several hours, and will fill the room with a spicy odor.

Pastille for Killing Flies—A pastille for killing insects which lurk in hiding places about the room, is as follows: Mix one part benzoin, one part balsam of tolu, five parts charcoal, one and a half parts of good insect powder, and half a part of salt petré. Add sufficient water to this mixture to knead into a stiff paste that will not crumble when worked, and shape into suitable pastilles and lay away to harden. One of these pastilles will burn for some hours in a room, and will kill flies, mosquitos, etc., without injury to furniture or drapery. They can be made at home, or the druggist will put them up. These recipes are repeated by request.

Putting Up Fruits

This method may be successfully used for all berries, shredded pineapple, peeled plums, and could undoubtedly be used for peaches and apricots, and for this method, nothing is better than the cooking chest. The friend who set it in tells me she put up all her fruit last fall by these directions, only, instead of the rug or comfort to confine the heat, she set the vessel of boiling water containing the jars in boxes padded like the cooking chest.

To seven pounds of sugar add five pints of cold water, stir over the fire until the sugar is dissolved, but do not allow the boiling point to be reached. Bottle this syrup while very hot and keep for use. Then, have your fruit under rather than over-ripe, and it must be perfectly dry—not even dewy; it must be freshly picked and so clean that it will not need washing. Sterilize the jars, rings and tops in very hot water; fill the jars while hot with the fruit, knocking gently to settle the fruit compactly in them, and when filled have the syrup heated just to boiling point and pour over the fruit, overflowing the jar until all spaces are filled among the fruit; then adjust the rubbers and screw on the tops. Set the jars in large crocks (which are preferable to tubs or boilers as they retain the heat much longer. Pour boiling hot water over them to fill the spaces between, and to cover the tops; throw over them a heavy rug or comfortable to confine the heat, and let stand for twenty-four hours, or until cold. Tighten the tops if necessary to do so, while still under water. Then remove from the water, wipe dry and set the jars in the store room.

Picnic Lore

For lemonade, strain and bottle the lemon juice, place the sugar in a glass fruit jar, and when the grounds are reached, mix the sugar and water, and when the sugar is dissolved, add the lemon juice. The sugar must always be mixed with water first, and the lemon juice added

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.