



The Home Department

Conducted by Helen Watts Mowbray

Say It Now

Speak the kind word, do the kind act,
Ere the years have onward sped,
Give me all the love and sunshine,
While I'm living, not when dead.

Tell me I have made life brighter,
By the loving words I've said,
Tell me I have cheered and helped
you
While I'm living, not when dead.

Off the way is rough and lonely,
And my wounded heart has bled;
Cheer me when the way is dreary,
Love me now, not when I'm dead.

In the grave there is no heartache,
We'll forget where sorrows led,
Speak some words of hope and
comfort
While I'm living, not when dead.

Tell me I've been true and faithful,
Tell me now ere life is fled;
In the grave I can not hear you,
Say it now, not when I'm dead.
—Mrs. M. J. Fultz, in Everywhere.

A Cure for Worry

One of our "troubled Marthas," in sending in a request for information, writes: "We come to you for all manner of helps and advice, and we get what we ask for. Now, if you could only give us a sure recipe for the destruction of the 'worry' germs, we should rise up and call you blessed!"

And taking down one of my well-worn reference books, I find the "cure" asked for, time and again, repeated between its covers. The book is not a rare one—every family has, or should have one, and use it. If our discouraged friend would open her Bible at St. Matthew 6:25, and read to the end of the chapter, or open at St. Luke, chapter 12:22-31 inclusive, she will find the recipe asked for. There are other recipes for the same trouble, but these will cover all the grounds. I can not enforce the following of these directions, and like other recipes, the instructions must be strictly carried out if sure results are wanted. The cure is not "without price," for everything worth having must be paid for in some coin; but the cure is worth the cost, and only an outlay of faith, persistence and perseverance is called for.

Another discouraged one says: "It is well enough for you to say, 'Do not worry,' but worry can not be stopped for the mere saying." O, thou of little faith, how much does the worrying "add to your stature?" In the long-gone days of my youth, we sang a song—"The sparrows, the lilies and me," and our untried hearts knew nothing of the lessons the words were intended to convey. Now, we know. Can any one send me the words of the old song?

Try the worry cure, and learn the beautiful lesson that we are permitted to suffer that we may grow nearer to the heart of humanity. The bitter tonic is often the best.

Oil Lamps in Summer

Where lamps are seldom or but little used, as they are apt to be during the summer time, the oil should be frequently renewed, or it will become "gummy" and high colored. To remedy this, when the oil gets down pretty well in the reservoir fill the bowl with clear water

and replace the burner. The lamp will burn well until the oil is nearly all burned off the water, and in order to use every particle of the oil, the bowl should be filled each day, and thus the oil will be kept close up until it is all used. Then the bowl should be emptied, washed out, the wick removed from the burner, and both wick and burner should be boiled in strong soda water, pouring off and renewing, until the water looks clean. This will take some time—an hour, altogether, but the burner and the wick will be clean. The wick should then be washed and rinsed and allowed to get thoroughly dry, then soak in strong vinegar, dry again, and after polishing the burner return the wick, and replace the burner on the lamp. When the water is poured into the bowl, the oil will rise to the top, and remain on top of the water until the last film is burned off.

Even where gas or electricity is used for illuminating, many prefer the soft, mellow light of the coal oil for reading purposes, as it is not so hard on the eyes.

Stains

Oxalic acid removes obdurate stains, and if kept for use in the laundry it should be plainly labeled and kept out of the way of ignorant or careless hands, as it is extremely poisonous. Buy the acid in crystals, put in a bottle and cover with cold water. If it does not all dissolve in one filling, add water as the solution is used.

Iron stains on marble may be removed by applying a mixture of oxalic acid and spirits. Leave it on a short time and they dry with a soft cloth. Ink, if fresh, may sometimes be removed with lemon juice. Stains may be removed from steel knives by rubbing with a piece of freshly cut raw potato dipped in brickdust.

Hot Weather Care of Garments

When wearing garments that can not be laundered even occasionally, remember that the next best thing is to give them plentiful doses of fresh air and sunshine before hanging away. Especially must this be done with waists and garments worn on the body, because of the strong smell most perspiration gives out. It would be well, wherever practicable to sponge the garment with diluted ammonia, and then let lie wrong-side out in a current of fresh air. Morning sunshine is a better "sweetener" than later in the day, as the air is purer, and the heat not so strong.

Before hanging a garment away after wear, be sure to brush well, or wipe the dust out of folds with a soft cloth. Shake out the skirts, and brush the dust ruffles, and see that any little repairing is attended to as soon as possible; it may save worry at a busier time.

See that the closets are well aired every day, in order to do away with the "stuffy" smell that will hang to the clothes if neglected. A dark, seldom-lighted closet is an ideal place for the incubating of moths. Light and fresh air are two of the best moth preventives known.

Do not throw the soiled clothing down in "any old place" when removed from the body, as being damp from perspiration, they are apt to mildew, or at least take on a bad

color which even good laundering will not remove. Where the garments of men who are working in the dust and heat are to be cared for, it is better to throw the garment into a tub of clear water, and at the first leisure moment rinse them out and dry before putting them in the clothes hamper. One should never sleep in a soiled, sweaty garment. Underwear that is too worn and thin for day wear will answer for sleeping garments, and even these should be aired as often as worn. It is a little more work, but it saves strength by its sanitary effects.

Health Notes

It is claimed that painting the neck with colorless iodine will cure enlarged throat glands, and will also give relief to any kind of a swelling.

For the sores and raw feeling in the nostrils occasioned by catarrh, apply carbolated vaseline, putting it as far back in the nostril as possible. This is especially efficacious if done at night.

Wet tobacco applied to the sting of the red, or horse ant, which sting is very painful, will cure. Or the juice of the wet tobacco may be used.

A reader says to look for the eggs of the cockroach and when found, burn. They are usually very like the surface they are stuck to, but with care can be found. Each egg is said to hatch out two or three dozen insects.

For consumptive cough, take a large handful each of the leaves of field mullein and horehound and put on to boil in one gallon of water. Boil down to half a gallon, then strain, and to the water add one pound each of pure strained honey and loaf sugar, and boil down to a thick syrup, not letting it scorch. Dose, one tablespoonful three times a day.

For chigger bites, apply liquid sulphur; or rub salty grease on the bites. When coming in from the field or grass, wash the body in thick soap suds and leave on for a little time, then rinse. This is splendid for children, who suffer intensely from the pests.

A "sure cure" for erysipelas: One quart of good apple vinegar, one quart of sugar and one quart of elderberry blossoms; boil all together for half an hour, then while still very hot, apply to the diseased surface. Bottle, and whenever used have it as hot as it can be borne. It should be kept up for four hours without stopping.

For the Toilet

A soap cream for cleansing the pores of the skin is made as follows: Mix fifty grams of strained honey, forty grams of pure white castile soap (powdered) and thirty grams of white wax together. Add ten grams each of tincture of benzoin and storax. Use instead of soap to wash the face before retiring, then apply the following rose cream:

Rose Cream—Melt two and one-half ounces of sweet almond oil and the same of spermaceti with a quarter of an ounce of white wax, over hot water. Beat until it begins to cool, adding by degrees an ounce and a half of rosewater and a few drops of perfume, with ten drops of tincture of benzoin. Beat until

creamy and put into small jars. Apply to face after bath.

Anything that will remove freckles quickly will remove the skin also; when the new skin follows, it is as tender as a rose petal, and even a strong wind will injure it. The more lotions one uses the more the skin will be injured. The only sure way to prevent freckles is to do as our grandmothers did—cover the face, neck and hands so that the sun can not touch them. The large, close sunbonnet, the "half-hander" mits, with the cover for the back of the fingers while the palm is bare, were the constant apparel of the girl in the olden days. After the freckles come, they are very hard to fade, even a little.

Tan is simply sunburn, and a sunburn is the same as the burn of any other heat. When the burn is fresh, use buttermilk plentifully, bathe, and let it dry on frequently. An old, old recipe for the removal of tan is here copied from an old recipe book which contains many valuable formulas that were used by our grandmothers: This is called "Virginial cream." One-third of an ounce each of tincture of myrrh, appopanax, benzoin and quillaua; four grams of essence of citron and an emulsion made by adding to these a pint and a half of rosewater. Put a few drops in a basin of tepid soft water and rinse well after the bath.

Vegetables

Take young, tender beets, wash, cook rapidly in salted water until done, then drop into cold water and slip the skin off of them quickly. Slice in rather thick slices and pour over them a buttersauce made as follows: Place a cupful of hot water on the stove, add a tablespoonful of lemon juice, a teaspoonful of salt, and a teaspoonful of very finely minced parsley. Let come to a boil and add the beaten yolks of two eggs; stir until it thickens, then beat in two tablespoonfuls of butter. Lay the beets in slices in the sauce, and heat all over hot water, but do not boil; then serve at once.

An old-fashioned cabbage salad is made of one head of cabbage and one bunch of celery. Chop fine, or run through a chopper, mixing well and sprinkle with a tablespoonful of salt. Into a double boiler put two tablespoonfuls of butter and one tablespoonful of flour, blend, and then add a generous half cupful of cider vinegar, a tablespoonful of sugar, a teaspoonful of mustard, the beaten yolks of two eggs and lastly three tablespoonfuls of thick cream. Cook, stirring constantly until quite thick and smooth. If liked, add a dash of cayenne, pour over the chopped vegetables and stand away to get cool. Just before serving add a little whipped cream.

Butter Beans and New Potatoes—Just before the potatoes are done remove from the fire and let cool; take one pint of butter beans cooked until tender, and cut into smaller pieces. When the potatoes are cold, chop rather coarsely. Arrange potatoes and beans in alternate layers in a dish, with bits of butter, pepper and salt; pour over this one cupful of cream and sprinkle over the top rolled crackers. Cover and set in the oven long enough to get thoroughly hot, then remove cover and brown slightly and serve.

Contributed Recipes

Salad Dressing—This will keep a week, and is generally liked: The yolks of two eggs well beaten, one level teaspoonful each of salt and

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.