

The Home Department

Yesterday

Why, once the very thought of him
was vital
As some crimson rose
Flaming defiant, in a quiet garden
Among pale lily blows.

And yet, today, the thought of him
is only
A rose closed in a book—
A lifeless thing long shut between
dull pages
Where she forgets to look.

And yet, I hold an old love though
forgotten,
Somewhere not wholly dies.
It may be of such roses angels
weave us
The wreaths of paradise.
—Theodosia Garrison, in Metro-
politan.

When the task thou performest is
irksome and long,
Or thy brain is perplexed by a
doubt or a fear,
Fling open the window and let in
the song
God has taught to the birds for
thy cheer.
O, a branch of wild roses the bar-
renest ledge
Maketh fit for a throne, while the
blossoming vine
Will turn to a bower the thorniest
ledge—
So with beauty make stern life
divine.

—H. M.

The Cry of the Helpless

From every quarter comes the cry of the helpless, as represented by the "children," the tiny travelers just starting out on the long, hard journey, and the feeble veteran whose race is nearly run. Especially is this apparent in these days of high prices and lack of employment, when it is so hard to fill the mouths of those dependent on us, who are the world's workers. There is a solution to the problem, if we but seek it, and then act according to our knowledge. Here is a clipping from the "Philanthropist," the organ of the Christian Benevolent Association, a society whose scope is national: "Almost every day some preacher writes, asking the association to receive a family of destitute children, or an aged member of the church which he serves. He insists that this particular case is exceptionally urgent and deserving, and assures us that it will be a very great favor to the church to have these unfortunates tenderly sheltered in some one of the association's beautiful homes. * * * As a result of this constant pressure the homes are all kept full all the time. While thus demanding that an ever-increasing work be done, these preachers and churches, many of them, are not furnishing a dollar for the support of the work. If the association feels compelled by stress of circumstances to decline the service, it often comes in for sharp criticism. Thus with the lash of condemnation it is often * * * driven to make brick without straw. * * * It can not feed and clothe these hungry, naked little ones without money. Let the churches send the widow and the orphan, but with them they should not fail to send the necessary support. * * * Their responsibility is not ended when they have turned these wards of the

church over to others. * * * A little gift from each would free these beautiful homes from debt, and their usefulness would be greatly increased." It is too often the case that families or churches wishing to get rid of the support of undesirable (no matter how worthy) old people, are quick to shunt the burden upon the shoulders of "whosoever will," and feel that they are thus relieved of all further responsibility. Should it be?

The Common Drinking Cup

Advice which it will harm nobody to follow is given in regard to the use of one's own private drinking cup when in public places, or when traveling. To use the cup usually found chained to the drinking fountain, and which is used by so many other people of unknown health and habits, is not only an uncleanly habit, but a dangerous one, as many contagious diseases have been known to be contracted through this source. It is but a small thing to carry—a cheap cup is as good as a costly one. A small, porcelain-lined, agate, or enameled ware costs but a few cents, and can be slipped into the hand satchel, or the dressing case, or tied to the lunch box. When shopping, especially if there are children with you, the cup may be slipped into the shopping bag. But whatever you do, have your own drinking cup. If you watch the use made of the common cup for a half hour, in any public place, you will know why.

"Disinfectants"

The very best disinfectant known is cleanliness and sunshine. Soap and water are excellent, and if things are kept even comfortably clean, things will not spoil so readily. Keep the kitchen cupboards and shelves so they do not need a "good turning out" to get rid of "the sour smell," or to prevent mold. Keep things clean as you go along. Try to wash up everything at least once a day, even if you are "run off your feet," and have to neglect them for a time. Make use of the minutes. While you are waiting on one thing, see that another is doing. Fill the salt cellar, the sugar bowl, and other receptacles that are used every day, before putting away in the cupboard. Sun the dish rags, and the tea towels, and put the wash rags into the wash regularly, after washing and drying after using. Let in the sunshine, and keep the corners clean.

Studying Nature

Most students seem to think they must go into the country to some wild, unfrequented spots in order to get near the real facts of nature, but one can find much of interest right around his own door, in his own dooryard, no matter where that home is located, in city or country. The reason we find so little of interest about us is that we do not know how to look at what there is. Even a small, cheap microscope, intelligently used, will show us many wonderful things. Even of the most common insect, there is much that we do not know, and plant life is full of interesting facts that only the magnifying glass will bring to our eyes. The bits of pebbles lying in our pathways, the lump of coal, the dead embers of the kitchen

fire are swarming with items of knowledge which can only be made our own through investigation.

Modern Training for Girls

"Our training of girls approaches close to the idiotic," claims Kate Eggleston in the Woman's Home Companion. "The average girl, from the minute she leaves her dolls to go to the kindergarten, till she matriculates at college, is told about men and men's work—never about women. The kindergarten songs and tales are about Lincoln and Washington—and even the pictures of animals show the lion and not the lioness. In older childhood she is taught to build sand forts instead of good, old-fashioned mud pies, and even the sums in arithmetic deal with Billy's marbles and John's apples to the total neglect of his sister. Later still she goes to high school and learns history with all its ideals of brave men—and here again the woman's share of quiet courage is completely overshadowed. She learns carpentering although she can not cook an egg or sew a seam."

Miss Eggleston contends that the daughter, who is to be the wife and mother, is trained precisely as the son is trained—the one to bear the family and rear it, and the other to provide shelter and comfort for the mother and family—yet both have precisely the same training—and the training is that for the boy. Can one wonder at the failure of our girls to make good wives and mothers—into either of which relations she enters in almost entire ignorance of its duties and demands.

From the Magazines

The cotton crepes in really good quality are attractive materials, and are enjoying great vogue for both blouses and tub frocks. It is said that they require no ironing and are very practical on that account; but laundresses tell us that they are by no means easily laundered, requiring stretching and more or less careful pressing to get them into the right shape after laundering. They have, too, so the laundresses say, a sad propensity for taking up bluing and dirt, and it is harder to keep them a good color than to keep linen or batiste white.

Almost all of the soft, sheer skirts are frilled or pleated to the waistband, though the crisper linen, organdie, etc., are sometimes fitted smoothly over the hips by means of stitched tucks or pleats or by gores. The very deep, full flounce below a fitted yoke is seen, too, but save on a very slender, tall girl or woman it cuts the length too much, even when applied to the yoke very plainly, and the arrangement of such a skirt must be considered in reference to the lines of the whole frock. —McCall's Magazine.

For the Laundry

It is recommended to put a tea-cupful of lye in the tub of water in which black goods are to be rinsed, as this improves the color. Many garments that will not bear washing may be cleaned with potato water. Grate two good sized potatoes into one pint of clear cold water; squeeze and roll the pulp with the hands, and then strain through a coarse sieve into another vessel containing one pint of clear cold water. Let this settle thoroughly,

then pour off the clear liquid, allowing no settlings to leave the vessel. Sponge the garment with this water until clean, then sponge with clear water, dry and iron. Potato water is excellent for cleaning silk garments, and for other delicate fabrics. For every quart of water to be used, pare and grate one large potato; put the grated pulp at once into cold water, which must be soft; let stand two days in a cool place without being disturbed; then carefully pour off the clear liquid into a large vessel and dip the silk garment up and down, but do not rub or squeeze or wring. When clean, hang up and let drip until nearly dry, then lay on a clean flat surface and wipe first on one side then on the other. If necessary to iron, do so between flannels with a moderately hot flat-iron. If not very much soiled, try the sponging.

Although pongee silk may be washed, it must not be wrung; hang in the shade and let drip dry, then iron with a moderately hot iron without sprinkling.

Sheer fabrics, like lingerie, should be starched after drying, allowed to dry again, then, when ready to iron, wring out of hot water through a wringer, and iron.

To remove acid stains, such as will change the color of colored fabrics, sponge lightly with ammonia and water—one part ammonia to five of water.

Any soap that is left in the clothing will affect the bluing, as the alkali in the soap decomposes the coloring matter and causes it to form iron rust spots. Rinse the clothes well before bluing.

Recipe for "Soda Loaf Cake"

In answer to call, Mrs. L. Laurence, of Oregon, sends the following recipe: "The ingredients are one pound of flour; one pound of fine granulated sugar; half a pound of butter; yolk of eleven eggs; tea-spoonful of soda powdered and sifted with the flour, a very scant half-pint of whole milk as rich and new as may be, the grated rind of two oranges and the juice of one lemon and one orange. Cream the butter and half the sugar and add the grated rinds of the two oranges, beating until very light; beat the yolks of the eggs until smooth and very light, and add the remaining half of the sugar to them; mix with the creamed butter, stir in the flour containing the soda, and when perfectly smooth add the juice of the orange and the lemon, beat quickly to effervescence, and bake at once carefully." This is a "handed down" recipe, and if rightly made is claimed to be fine. Continued experience proves that, if one can be accurate, the cake made with soda and cream tartar, or soda and sour cream is more moist than the cake in which baking powder is used, as the baking powder usually rises so much that the fine texture and grain are lost, and the cake becomes porous and dry. Inexperienced cooks sometimes use too much powder, and thus sacrifice taste and flavor to lightness.

Helpful Items

Lime water will sweeten jars and jugs which soap and water fail to cleanse. Use it in the milk vessels.

To rid the kitchen of flies, this is recommended: Take a small stove shovel, heat it red hot and pour over it a few drops of carbolic acid, having closed all doors and windows. On pouring the acid on the hot shovel, go out and close the door. In a few minutes open the room, and the flies will disappear; the faint odor of the acid will prevent their coming back.

So many things are recommended for getting rid of flies that one may try more than one, and what will help one may not be what is needed