



# The Home Department

Conducted by  
Helen Watts McKee

## "Only a Little Way"

"A little way"—I know it is not far  
To that dear home where my be-  
loved are;  
And yet my faith grows weaker as  
I stand  
A poor, lone pilgrim in a dreary land  
Where present pain the future bliss  
obscures,  
And where my heart sits, like a bird  
upon  
The empty nest, and mourns its  
loved ones gone.  
Plumed for their flight, and van-  
ished quite!  
Ah, me; where is the comfort,  
though I softly say  
They have but journeyed on "a little  
way."

"A little way"—at times they seem  
so near,  
Their voices' tender murmur still I  
hear;  
To all my duties loving presence  
lend,  
And with sweet ministry my steps  
attend,  
And bring my soul the luxury of  
tears.  
'Twas here we met and parted com-  
pany—  
Why should their gain be such a  
grief to me?  
This scene of loss! Thou heavy  
cross!  
Dear Saviour, take the burden off,  
I pray,  
And show me heaven is but "a little  
way."

"A little way!" This sentence I re-  
peat,  
Hoping and longing to extract some  
sweet  
To mingle with the bitter. From  
Thy hand  
I take the cup I can not understand,  
And in my weakness give myself to  
Thee;  
Although it seems so very, very far  
To that dear home where all my  
loved ones are,  
I know, I know! It is not so.  
'Twas only yesterday they vanished.  
Help me say  
Though tears may blind—'twas but  
a little way.  
—Unidentified.

## For Elderly Women

It is said that we have no "old  
women," now; that the woman of  
fifty to seventy years is as youth-  
ful in appearance as her mother was  
at thirty-five to fifty, and the advan-  
tage is largely attributed to the fact  
that the elderly woman of today re-  
fuses to be gowned always in black,  
and insists upon taking care of her  
face and figure. The materials for  
the woman after sixty should be rich  
and handsome, plain smooth cloths  
and silks preferable to figured goods.  
Veilings and other soft materials are  
much used. White, pale gray, hello-  
trophe, and many becoming pale  
shades combine well with black in  
dressy costumes; gun-metal, deep  
purples, and touches of any becoming  
color may be used in tasteful mod-  
erations. Nun's veiling is an inex-  
pensive material, and makes up nice-  
ly for either street or housewear;  
for house dresses, the softer, becom-  
ing colors are preferable to black.  
Gray is not becoming to all old  
ladies, and for many of them, a  
touch of scarlet, or shades of pink  
or blue may be used about the  
throat. Very few women well along  
in years can afford to wear the col-  
larless dresses, and lace or fine em-

broideries give a softening effect to  
the face and neck. Gray hair need  
not necessarily be faded hair, for if  
care is given to it, it may rival the  
plentiful locks of youth in vigor and  
gloss. Too many women accept the  
coming of age without a protest, and  
yield themselves to all manner of  
careless habits which make them  
look, not so much old in years, as  
old in the sense of being out-grown,  
cut-worn, and unlovely. An elderly  
woman should study her looking-  
glass even more than the young  
woman, and seek to make the most  
of herself by much painstaking. Surely, if any one has a right to  
"primp," it is the veteran who has  
earned her retirement after a life-  
time of fighting in the front ranks.

## For Disordered Nerves

In the olden times, our mothers  
were our doctors, and they depend-  
ed very greatly upon carefully gath-  
ered roots and herbs for their reme-  
dies. If they did not always cure,  
they seldom killed, and the after-  
math of afflictions known to the  
drug victim was seldom heard of.  
Many of these old remedies are be-  
ing brought into notice again by  
nurses and eclectic physicians. "A  
Reader" sends us the following, say-  
ing it has been used in her family  
for many years, for nerve disorders,  
liver troubles and indigestion. As  
these three ailments are first-cousins,  
each one in sympathy with the other,  
by curing the one, the other two  
may be remedied, or at least re-  
lieved. Get the fresh roots of the  
dandelion plant and make a strong  
decoction of them by putting pieces  
of the root into cold water and let-  
ting it steep slowly for several hours.  
A cupful of the decoction two or  
three times a day is said to soon  
regulate the disordered nerves. A  
hysterical condition of the system,  
even though one never has been  
known to "have hysterics," may be  
greatly benefited, and even cured,  
if the remedy is long continued. If  
the decoction seems like a too bitter  
dose, try roasting the cleaned roots,  
grinding them, steep a quantity, as  
desired, and, with the addition of  
cream and sugar, it may be used as  
a rank, strong, coffee. Our most ex-  
perienced physicians tell us that  
drugs seldom "cure" nerve dis-  
orders.

## The Salt Bath

This is a very strengthening bath,  
and can be taken at home; but if  
one is so situated that a half-hour's  
massage can be had, its value is  
greatly increased: Put about a  
quart of coarse barrel salt in a bowl;  
pour over it just water enough to  
moisten, but not melt the salt; then,  
standing on a square of oil-cloth, or  
in an empty tub, rub the salt vigor-  
ously with your hands all over the  
body, beginning at the neck. Take  
up handfuls of the salt and rub vigor-  
ously until the skin is red; then  
sponge the body all over with tepid  
water until all the salt is washed  
off; sponge quickly with cool water  
and rub the body well with a turkish  
towel, or mits made of turkish  
towel.

## For the Toilet

For fading and falling hair, the  
following is recommended as a good  
tonic. The prescription is one given  
by the late Sir Erasmus Wilson, and  
is to be used every other night for

a period of time lasting from three  
weeks to as many months, according  
to effect. The general health has  
much to do with the condition of the  
hair, and no application will have  
much effect unless the hair receives  
nourishment from the system. This  
is the formula: Tincture of canthar-  
ides, one ounce; oil of lavender, one-  
half dram; oil of rosemary, one-half  
dram; eau de cologne, eight ounces.  
Shake the bottle well before using.  
The hair must be kept clean, and  
for a shampo, pure castile soap and  
soft water, made into a light suds,  
is as good as any, to be followed by  
the tonic when the hair is quite dry.  
Once a month is often enough for  
washing the hair.

Mrs. S. C. asks for the "yellow  
dock-root hair tonic," which is said  
to give beautiful heads of hair. This  
may be what she wants: Yellow  
dock root, one pound; water, five  
pints; boil together until the water  
is reduced to one pint; strain, and  
add to the water one ounce of pul-  
verized borax; half an ounce of  
coarse salt; three ounces sweet oil;  
New England rum, one pint; add the  
juice of three large red onions, and  
any preferred perfume. The tonic  
must be applied every other day,  
after shaking the bottle well. If the  
hair is very oily, it should be sham-  
pooed every two weeks. If dry, once  
a month.

For cucumber cream, this recipe  
is recommended: Peel three quite  
ripe cucumbers, cut into small pieces,  
and add one pound of quince seeds,  
which can be had of any druggist.  
Put into a sauce pan and cover with  
soft, cold water; let this boil gently  
for several hours, adding more wa-  
ter as necessary, until the mixture is  
reduced to a pulp a little thicker  
than molasses; pour this into a  
cheese-cloth bag and let drip all  
night. In the morning add half its  
quantity of alcohol and shake well  
in a jar; pour into small jars or  
wide-mouthed bottles, and, owing to  
the alcohol, it will keep a long time.  
Before using, shake well. Used as  
a softener and bleach for the hands  
and face, after the regular nightly  
bath, and also for sunburn in the  
summer time.

## Home Helps

A real labor-saver, and one which  
will last according to the care taken  
of it, is common table oil-cloth made  
into a kitchen apron. The cloth is  
very wide, and will cost from fifteen  
to twenty-five cents a yard. Do not  
get a too heavy quality, but avoid  
also the very cheap grade. Three-  
quarters of a yard in length will be  
sufficient to cut an apron with bib,  
without seams. The skirt part  
should be somewhat circular, to fit  
the form, and this can be cut by the  
front of a circular skirt pattern; but  
can be first made of common news-  
paper, fitted and cut out to suit.  
Bind all around with some contrast-  
ing color of bias strips of any thin  
cotton goods. When you take it off  
after your work is done, wipe it with  
a moist cloth and hang it up. Have  
pockets in it, if you like. They are  
very handy.

A quart bottle of household am-  
monia will cost about ten cents; and  
its uses are legion. For washing  
dish cloths and towels, it is invalua-  
ble. Put a teaspoonful of the am-  
monia in a basin of water, rub soap  
on the cloths and towels, and put  
the towels in one pan of water and  
the cloths in another, and let soak  
for half an hour or so, where the

water will keep just warm. Then  
rub out thoroughly, boil in thin suds  
if you wish, rinse well and dry in the  
outer air. Nothing is more pleasant  
to use than clean, sweet-smelling and  
nice-looking dish cloths and towels.

For staining unpainted wood, five  
cents worth of permanganate of pot-  
ash crystals dissolved in boiling wa-  
ter is both good and inexpensive. Mix  
in an old tin can and try first on a  
piece of board in order to get the  
right shade. Don't use too much  
water at first, but add more as you  
want it lighter. If the first coat is  
too light, add a second coat when  
the first is dry. Any drops left on  
the wood will make it spotted. Put  
it on quickly and evenly with a  
brush, and if a glossy finish is want-  
ed, a few cents worth of varnish ap-  
plied sparingly, going with the grain  
of the wood, will give it a smooth,  
glossy surface. Any housewife can  
apply it.

## Query Box

P. U.—For recipes asked for, see  
Requested Recipes.

L. St. L.—Titian red, as applied  
to the color of hair, means the shade  
made famous by Titian, the painter.  
Svelte is a French word, meaning  
slender, or slim.

Mrs. C. D.—To keep moths out of  
the piano, get five or ten cents worth  
of gum camphor, and scatter pieces  
in the lower parts of the instrument.  
Tobacco is good, as the camphor will  
evaporate.

Eva S.—For the wrinkled woollens,  
if there is no danger of a rain com-  
ing up in the night, hang the clothes  
out and let them take the dew, which  
will dampen them just right. In the  
morning, press with a hot flat-iron  
as soon as possible, before drying.

Mrs. J. D.—The dark stains on  
the teacups are caused by the action  
of the tannin in the tea. Salt slight-  
ly moist will remove them, but on  
fine china, spanish whiting is best,  
as it will not scratch.

Young Hostess—For the tea  
punch, make two quarts of rather  
weak tea, by pouring that quantity  
of freshly boiling water over two  
heaping teaspoonfuls of tea leaves,  
and let draw for five minutes.  
Strain, and dissolve in it one pound  
of lump sugar; when cool, add the  
juice of eight lemons, one small  
shredded pineapple, and three or  
four bananas very thinly sliced.  
Stand in a cool place until well  
blended, then chill on ice and serve.

F. G.—For making mayonnaise,  
cut one small groove and two larger  
ones in a cork that fits in the oil  
bottle; place the bottle on top of a  
pitcher to prevent it rolling off the  
table; under the mouth of the bot-  
tle have a bowl containing the yolk  
of egg and a dash of cayenne pep-  
per; as the oil drops out, drop by  
drop, through the small groove, mix  
thoroughly with an egg beater.  
When about an ounce of oil has been  
used, turn the bottle so the oil will  
run out of the larger grooves; add  
the lemon juice as needed, and a  
pinch of salt at the last, beating well.

## Tea and Coffee Making

For the "New Housewife," we give  
the following: The teapot should  
be perfectly clean, washed out every  
time it is used, and set where it will  
get well aired. The same of the cof-  
fee pot. Do not be afraid to scour  
either of them, rinsing thoroughly  
when clean. The tea-kettle should  
be washed out once a day, and the  
water for tea or coffee making must  
be freshly drawn and put on to boil;  
the minute it boils, it should be  
used. Remember, the water must  
be "boiling," not boiled. Have the  
tea grounds (a teaspoonful to two  
breakfast cupfuls of water) in the  
tea pot where it will get warm, and  
as soon as the water boils, pour that  
amount of water over the grounds,  
cover, set where it will steep, but