



# The Home Department

Conducted by  
Helen Watts McKee

## "Thinking of You"

I am thinking of you when the morning sky  
Is flushing with all of the tints of the rose;  
When the earliest breezes go whispering by  
On the way to the vale where the wild clover grows;  
When the purple lilac as it tosses its plumes  
Rains out with its fragrance a shower of dew  
On the ground below, where the pansy blooms  
Are holding up faces of every hue,  
When the world, made new  
By its shower of dew  
Is just awaking, I am "thinking of you."

I am thinking of you when the sun at noon  
Creeps straight to the heart of the lily's cup—  
Where a dew-drop is hidden, a gift from June—  
And steals the jewel she treasured up,  
When the clover, nodding on slender stems  
Holds treasures vast for the dusty bees  
And out where the red fruit glows like gems  
The robins scold in the cherry trees;  
When the river's hue  
Steals the sky's deeper blue  
As it bends above, I am "thinking of you."

I am thinking of you when the twilight gray  
Is creeping softly o'er plain and hill;  
When the noises that fretted the busy day  
Have sunken to silence and all is still;  
When around her shoulders the tired Earth throws  
A mantle of twilight and sinks to rest,  
And active and busy life, all goes  
To peaceful sleep on the earth's calm breast;  
And I follow, too,  
But dear heart, I am true  
With my last waking thought  
I am "thinking of you."

So I'm thinking of you through life's summer day;  
I am thinking of you when joy's sun shines bright;  
And I'm thinking of you when it fades away,  
And around me gather the shades of night.  
Though time and trouble have sought to part  
This heart of mine from the words you said,  
It remembers them still, and I think dear heart  
They would wake it to life were it still and dead.  
For when life is through  
I shall still be true—  
With my last, last thought,  
I'll be "thinking of you."

—Bertha E. Sanford.

## Making Over

Necessity, as well as economy will call for the making over of many garments, or the cutting down of others, and it is well to do whatever we have in hand as well as possible. Many garments will look as good as new, if properly dyed or neatly cleaned before putting in shape again. Be-

fore attempting to dye any goods, one should know the nature of the fibre. Generally this can be determined by ravelling out a few threads of the goods, both warp and woof, and testing with flame. Cotton burns freely with little odor; wool gives little flame, singeing rather than burning, accompanied by a disagreeable odor. Silk burns less readily than cotton, and mercerized cotton betrays its character in the fire. Many goods are made with the warp, or lengthwise threads of cotton, while the cross threads are of wool; silk and wool are also used together, or silk and cotton, and in many goods, mercerized cotton gives a very "silky" appearance. Each of these kinds of fabrics require a special kind of dye, and with the mixed goods, two dyes are usually used. Before dyeing, all the old color should be removed, as far as possible, and this may be done by the use of certain chemicals, more or less harmful to the goods, or, in many instances, scalding with clear, hot water, changing as long as the water is colored, will get out most of the old color. This will give the new color a better chance. When ready to dye, send for the pamphlet giving instructions, and get the proper dye stuffs, making yourself thoroughly familiar with the subject before you attempt the work. Follow strictly the instructions printed on the dye package, and be sure to get the right dyes.

## Condensed Milk for Babies

Where condensed milk is used for the baby, other foods should be given which will supply the child with elements lacking in the milk. Condensed milk is simply cow's milk evaporated, and this evaporation makes a disproportion in the constituent elements; there is too much casein, and if the milk is a right proportion of casein, there will be too little fat. The excess of sugar makes the baby take on fat, while the other tissues are not properly nourished. For a short time, or as an additional food, condensed milk of the best brands will answer very well; but for permanent use alone, it is not recommended by hygienists.

## Worth Knowing

Every housewife knows that onions are a kind of all-round good medicine, without knowing why. She knows that if a solid red onion is eaten at night on going to bed, the severest cold will be broken.

That onions make good plasters to remove inflammation and hoarseness; that if any one will take an onion and mash it so as to secure all the juice in it, though he gets a remarkable smelling stuff, it will quiet the most nervous person. The strength of this substance inhaled for a few minutes will dull the sense of smell and weaken the nerves until sleep is produced from sheer exhaustion. It is claimed that this property is a form of opium.

To clean the old lamp burners, boil them in wood ashes and water for half an hour, and they will come out like new; keep the wick clean, and don't blame the oil when its dim flame is due to neglect of the wick and burner.

A good, cheap liniment, recommended by many physicians, is made as follows: One pint of good vinegar, one pint spirits of turpentine, in which has been beaten the yolk

of one egg before adding to the vinegar; shake well every time before using. This liniment is good for sprains, bruises, rheumatism, etc., in man or beast.

Patent leather should never be cleaned with blacking. Remove the dirt with a damp sponge or cloth, then dry and polish with one part linseed oil and two parts thick cream; apply warm, after mixing thoroughly; and with a flannel cloth or silk duster polish well.

A recommended ant riddance is to place the peels of cucumbers around the places where they appear, and they will "get scarce" at once. Easy to try, at this season.

## Training Little Hands

Children, unless naturally lazy, will show the same interest in work as in play, if especially trained to their duties; but nearly every child will do many things well and with a spirit of willingness if the mother begins with them early enough. The child who has not learned to love work before the age of seven years will never, very likely, enjoy doing tasks, unless temperamentally so inclined. The sooner the facility for doing things, and the accompanying sense of responsibility for the doing, is taught them, the more firmly fixed will a love of work and thoroughness become a part of their character. The little child, just getting well onto its feet, is forever asking, "What can we do, mamma?" And the harried mother more often than not will say, "O, run and play." She finds it easier to do the work than to train the unskilled hands; but very soon, the hands must be trained and not having acquired the facility, with its consequent love of work, the child has other interests, and is not likely to love the unaccustomed labor. Mothers alone can adapt the task to the mental, moral and physical ability of her baby, and this she must do, for the child's own good, as well as her own.

## Something About Ants, Etc.

A reader sends us the following clipping, as being pertinent just now, as the "ants have the floor," or, rather, are under fire because of their depredations: "Tell the child about a colony of ants, show him the older ants washing and brushing the baby ants, and taking them for their daily airing; show him the aphides which the ants keep in stables, and 'milk,' as we milk cattle; show him their well-developed slave system, in furtherance of which they raid the nests of their neighbors, carry off the eggs, hatch them out and raise servants to perform menial tasks for their abductors; show him some ant communities that do not work at all, themselves, but make captives their slaves, live off their labor, and thus furnish the 'slugard' with a pretty strong precedent to support his side of the case. Show him an ant nation organizing a military expedition against its enemies, with scouts to spy out the proper point of attack, and afterwards, the army in battle array, moving to the assault. Show him this, using the magnifying glass freely, and gradually, if he is taught to think for himself, he will apply the lessons learned to the problems of his own, human history. \* \* \* Teach him how a tiny tribe of creatures, so small he can not see them with the unaided eye, is perfectly competent to wipe out a nation of

beings like himself; show him how the silkworm furnishes the bread of life to hundreds of thousands of human workers and their families; how swarms of marauding locusts devastate whole wheat fields of the western states, and how immense flocks of birds go to the rescue of the farmer, in turn devouring the voracious pests. Show him the house-fly, spreading typhoid; the mosquito, sowing broadcast the germs of malaria; the repulsive vulture, as scavenger guarding the lives of dwellers in tropical countries; and, to show him the necessity of guarding against the evils of certain insect life, tell him how a gentleman, by bringing into the state of Massachusetts, a pair of beautifully colored moths, has cost the country hundreds of thousands of dollars trying to exterminate their progeny, which have proven ruinous to certain crops necessary to human life." —Muller.

## The Use of Crutches

To secure the best results from the use of crutches, they should be short enough to leave an inch or more between the "rest" of the crutch and the arm-pit. The weight of the body should be borne entirely by the firm, straight arms and the "hand-hold," or cross piece. The cross piece should be just high enough to take the weight from the shoulders, with the shoulders allowed to hang naturally, and the arms straight. By this arrangement, the body can swing along easily and gracefully without the arm-rest at the top forcing the shoulder out of place. The lower end of the crutch should be made the proper length before the rubber tips are put on, the upper part of the crutch being used merely as a necessary brace. Try this plan, and see if you do not take more comfort.

## The Between Season

Although there will be a marked change of temperature during September, in a general way, we shall yet have some hot weather, and the changes from hot to cool or cold, or from cool to hot, will be sure to bring about the usual crop of colds and catarrhs. Frequently one does not know how the cold was "taken," but we are very sensible of having the cold. It is well to watch the little ones who do not know how to watch themselves. Be sure to have little, light garments for the cool mornings or evenings, or for the chilly days; it is better that these be the outer garments, readily put on or removed, rather than the underwear. Do not bundle the child or yourself up unnecessarily, and try to get the warmth from within, rather than from outer clothing, but do not neglect the body so as to invite colds. Do not shut up the house too soon; better have a little fire of cool evenings, leaving the doors and windows open as long as possible. Prolong the outdoor season as long as possible, for there will be all the indoor weather than we can bear, try as we may.

## Helpful Items

With butter at 38 cents per pound, and lard at 18 cents, I feel I can not afford butter in cooking, so have found that lard answers just as well in cakes and cookies. But I think the cause of much of the bad luck with the substitution is because they buy lard already rendered by the factories; this is a mistake. Once buy the leaf lard and render your own fat, and you will never again use "store" lard.—Mrs. W. A. T., N. Y.

For Two People—Sometimes you may have some sandwiches left over, or you may prefer to make some especially for this dish; or you can