



# The Home Department

Conducted by Helen Watts McKee

## The Baby's Face

Who can fathom the fairy grace  
That dwells in a velvety baby face?  
Who can fathom the fairy glee  
That rings in a baby's melody?  
And who can unravel the secret wile  
That sleeps in the nest of a baby's  
smile?  
The hungry and lingering joy we  
know  
When our rough face touches a  
babe's, and, lo,  
We feel the touch of the velvet skin  
And the warm, sweet lovelight bound  
therein!

A baby's face—how can one tell  
Its mystic charm and its holy spell?  
Rough hearts go by, rude, rugged  
men,  
From the dust and grime of mart  
and fen,  
But under the cloak of their outer  
din  
Love's hunger sleeps their souls  
within,  
And when they see a baby's face—  
Round and rosy and sweet with  
grace—  
They long, as you and I, to press  
The velvet joy of its warm caress.

How much it holds, how deeply lays,  
Within its soft and gentle maze,  
The charm to soothe, the charm to  
heal,  
The hurt that lives so often feel!  
A baby's face along the way  
Is like a little bloom-o'-day;  
And, like a little flower, it brings  
The sweetness of a thousand springs;  
The balsam of the heart-made-well  
Is in the touchstone of its spell.

—Author Unknown.

## Getting Ready for Winter

The fall house-cleaning will soon  
be in order, and rugs or carpets that  
need taking up should be cleaned  
before the heaters are brought in.  
It is a good idea to have a heater set  
up in some one room as soon as the  
evenings begin to get chilly, as a  
little fire will free the house from  
dampness and prevent many discom-  
forting colds. Where there are lit-  
tle children, this is a necessity, as  
they can not always be kept in the  
kitchen while the family work is  
going on.

For carpets that are not to be  
taken up, a handful of coarse salt  
sprinkled over them and then care-  
fully swept up with short broom-  
strokes, will clean and brighten them  
wonderfully. Tea leaves, shredded  
paper, damp saw dust, may any of  
them be used; but the salt is best.  
If there are grease stains on the  
carpets, spread a layer of French  
chalk, or Fuller's earth on the spots,  
cover with blotting paper and iron  
with a hot flatiron, repeating if nec-  
essary. Fuller's earth is better  
made into a paste, using a little ox-  
gall in the paste, may be spread on  
the stains and left until dry, then  
brushed off. Oil paint spots should  
be removed with very pure spirits of  
turpentine, as impure turpentine will  
leave a stain of its own. There are  
some excellent cleansing soaps and  
preparations on the market for this  
purpose.

Have the heaters and stove pipes  
blackened before bringing them in,  
and that is a job that a strong man  
should take care of, rather than the  
woman. See that the stoves are in  
good order, with serviceable grates  
and all broken pieces replaced with  
new. Don't replace a lost or broken

leg with a brickbat or bit of wood.  
Get a new one.

Wall paper is cheap, and easily  
applied, and fresh paint renovates as  
nothing else can. See that all hinges  
are working easily, and that the  
doors do not sag, or hang. For old  
furniture, renovate with sandpaper  
and varnish. Sometimes a cabinet  
scraper or a piece of glass will re-  
move the old paint or varnish better  
than sandpaper. Give it several  
coats of varnish, then, after the last  
one dries, rub with hard-oil, using  
a soft cloth.

## How You May Detect Bad Food Products

(Prepared by government and  
state food inspectors for house-  
wives.)

Smooth, shiny eggs are usually  
bad. Rough-shelled eggs are fresh.  
Good cider vinegar will give off  
an odor of apples when heated over  
a slow fire, and will leave a reddish-  
brown residue in a pan when evapo-  
rated.

When a sardine dressing attacks  
the metal of a can, the contents are  
invariably bad.

Good lemon extract will turn milky  
and oil will immediately form on top  
when it is mixed with equal parts  
of water.

Pure ground coffee will not col-  
or cold water. Coffee adulterated  
with chicory will stain cold water  
brown.

Swelling of cans containing fruits  
and vegetables indicates fermenta-  
tion. If cans contain more than one  
soldered perforation, they should be  
avoided. Cans are perforated origi-  
nally at the center of the bottom.  
Any subsequent perforation shows  
tampering to prevent swelling, and  
indicates a product spoiling from im-  
proper cooking.

Noodles of a bright yellow color  
are often colored.

Cheap, shiny candies are coated  
with shellac or other resin and  
should be avoided.

Oleomargarine may be detected by  
examining the wrappers of the pack-  
ages. The law requires a label "Oleo-  
margarine." This label is often very  
dim and printed with ink of nearly  
the same shade as the wrapper. Oleo-  
margarine crackles and gives off an  
unpleasant odor when placed in a  
hot pan.

## From the Style Books

Blouses of cotton prints are used  
with skirts of rough wool mixtures  
which are worn with separate coats.

Hand-work is much seen, and a  
great deal of braiding and embroid-  
ery, together or separate, is in high  
favor.

Black is the color most in style  
this season, while the popular navy  
blue has assumed a slightly purple  
tinge. Rich, somber colors are used  
for street costumes.

Jackets are but slightly shaped  
in to the figure, some of them show-  
ing a seam under the arm at the  
waist-line, giving the garment a  
short-waisted effect.

One-piece tailored dresses are very  
popular, and for street wear may be  
made of serge, mohair, wool-back  
satin, velvet or velveteen. The light-  
er models may be worn with the  
long coat. These are all in short  
walking-lengths. Many of these  
dresses are in reality in two pieces,  
set together at the waist-line and  
belted or girdled.

For some dressy costumes of black  
satin, the trimming is merely bands

of embroidered net or lace frills.  
Many band embroideries are rich in  
color and are used for out-lining  
yokes.

Satins of the present day are en-  
tirely unlike the stiff, heavy goods  
our mothers knew. Now it is soft,  
supple, and usually described as "dull  
finish," and is of different weaves.  
Wool-back satin is used for suits and  
evening coats. Some dark coats are  
lined with some brilliant solid color  
and trimmed with bands of Persian  
silk. Paisley effects are much seen  
in trimmings.

Combinations of materials are  
much seen, satin with rough faced  
silks, figured foulards, crepe weaves,  
etc., while chiffon and chiffon cloth  
are much used with silks and vell-  
ings. These combinations are used for  
both afternoon and informal evening  
wear. Persian silks are full of Ori-  
ental suggestions and colorings.

## The Home Seamstress

As the cold weather will bring  
waists and dresses that can not be  
tubbed, or must be tubbed with care,  
it is well to use plenty of dress  
shields. Do not place them directly  
under the arm, but slightly forward,  
and sew them at each end and at  
both lower edges—one edge to the  
under-arm seam, and one to the in-  
side seam of the sleeve. Put your  
hand inside the sleeve and find just  
where the shield touches the seam,  
so there will be no pulling and draw-  
ing; hold the shield firmly in place  
and take the hand out, holding the  
shield and sleeve seam and sewing  
them together at this point. All the  
sewing on the shield should be  
French tacks, which are made by  
taking three stitches, allowing them  
to be loose enough to "give" a quar-  
ter of an inch; then work with a  
button-hole stitch as you would a silk  
eyelet. The reason that shields do  
not keep their proper place is be-  
cause they are not properly put in at  
first. Shields should be taken out  
and washed occasionally, to prevent  
odor.

All short waist seams should be  
fitted with the arms crossed behind  
the back of the head, as well as in  
some of the reaching positions. A  
sleeve that is too short from the arm-  
hole to the elbow can never be com-  
fortable, and is apt to drag; in many  
cases this makes the back of the  
blouse draw and wrinkle between the  
shoulders.

Soft mull ties are easily made  
with attractive embroidered or lace-  
finished ends, and these are particu-  
larly becoming to elderly women; the  
softening effect of lace neckwear can  
not be over-estimated, and some-  
thing softening should always be  
worn next the ageing face, white  
preferably, but always of light color.  
Stiff linen collars are usually unbe-  
coming to the fading face. A touch  
of color of becoming shade should  
always be worn at the throat; it may  
be either a brooch with the desired  
setting, or a bit of ribbon.

## Some Health Notes

Oil-fish dishes, such as sardines,  
salmon, and the like, should always  
be sent to the table with vinegar or  
slices of lemon, as these acids aid  
in their digestion.

Lamb should be served with mint;  
roast goose with sage and onion be-  
cause these relishes counteract the  
extreme richness of the meats.

Under-eating is just as harmful as  
over-eating, and many stomach  
troubles and ailments of the digestive

tract are caused by insufficiency of  
the food supply. It is not only those  
who cannot afford a well supplied  
table who are under-fed; many peo-  
ple who have full pocket-books, and  
especially women who work, suffer  
from an ill-regulated diet, and from  
a non-observance of the laws of diet.  
Foods enter largely into the medi-  
cal aspect of things, and students of  
hygiene are learning more and more  
that nourishment, nursing and a  
cheerful habit of mind are the real  
remedial agencies, rather than drugs.

As the season for "colds" ap-  
proaches, it would be well to remind  
you that one can guard against much  
discomfort by keeping clean—inside  
as well as outside. For the internal  
bath, use water of the temperature  
you like best, and drink not less  
than two quarts a day of the purest  
water you can get; eat only plain  
foods, such as will nourish, not clog  
the system; get all the fresh air pos-  
sible, and use every bit you can get.  
A bath of some kind should be taken  
daily, but if it can not be taken so  
often, take as often as you can. Once  
a week there should be a warm,  
scrubbing bath, and if you can stand  
it, do not neglect the morning cold  
bath and quick rub-down with a  
coarse towel. Keep the internal or-  
gans active, and allow no clogging of  
the sewers. Learn to look out for  
the funny things of life, and to see  
the humorous in everything. Think  
health, talk health, and enjoy health.  
"Sickness is sin."

## Good Things to Know

No two persons, no matter who  
they are, should habitually sleep to-  
gether, for it is inevitable that the  
one will thrive and the other lose.  
An aged person and a child should  
never be bed-mates; great is the  
pleasure to grandma to cuddle the  
little one in her arms, and much as  
the child enjoys the warmth and  
comfort of the other, it is a well es-  
tablished fact that the child will suf-  
fer while the old person is benefited.  
Babies are better in their cribs, and  
the crib should be near enough so  
that the mother has but to stretch  
out her hand and touch the child,  
thus knowing all its needs. A baby,  
cradled in the exhausted mother's  
arms will both injure and be injured  
thereby.

If space is small, two single beds  
occupy but little, if any, more room  
than one large one, and this will give  
the desired propinquity and comfort-  
ing sense of nearness without the  
bodily contact that will inevitably de-  
range the nervous system of one, if  
not both the sleepers. One person  
will always be eliminative of nerve  
force, while another is absorbent,  
while if each slept alone, there would  
be no robbing one to enrich the other.

Too much stress can not be laid  
upon the necessity of keeping the  
nursing bottle and all apparatus con-  
nected with it perfectly sweet and  
clean, even in cold weather. The  
most serious trouble with the bottle-  
fed baby is from neglect here, and  
the personal supervision of the moth-  
er should be given to the matter, let-  
ting nothing interfere with it.

## Making a Housewife

Mrs. S. asks for directions for mak-  
ing the little convenience known as  
a "housewife," used for holding  
needles, thimble, thread and scissors.  
This may be made of chamois skin,  
thin leather, silk, or any suitable  
material. Cut a strip of the material  
four inches wide by eight inches  
long, and in the center of one end  
make a round hole to the edges of  
which overseam a small bag just big  
enough to hold a thimble. Turn the  
end of the strip down, having the  
thimble bag inside, and seam it down,  
making a casing large enough to hold  
a spool of thread at each side of the  
thimble pocket, and in each end over-  
seam a circle of the material in order