



The Home Department

Conducted by
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One Woman's Reward

This woman never had the time
To any social life attend;
She seldom saw a neighbor's home,
Because of jagged rents to mend.
Her floors were tracked with muddy
prints,

The trampled weeds grew by her
door;
The plant that in her window stood
Untended, never blossoms bore.

Unseen by her, the world went by;
Those who, in state, had won
renown

Passed down her way—she did not
heed—

Small hands were tugging at her
gown.

In after years, a strong, proud man
Was called the halls of state to
grace;

He turned to where, mid plaudits
loud,

Was lifted up his mother's face.
—Good Housekeeping.

The Key to Beauty

Many of our girls write me for
advice as to how they may become
beautiful. I have just returned from
a western trip, to my old home, and
from meeting many of the associates
and friends of the long, long ago.
Many of these old ladies were women
with families of their own when I
knew them, and they are now well
past the four-score mark; but they
were every one "good to look upon,"
and some of them were really beautiful.
Often I heard the expression,
"What a lovely old lady!" as the
younger generation passed them.
Every face was scarred or seamed
with care; their complexions were
not as the rose leaf, and their patient
eyes had a look of "only waiting" in
them. Over the once bonny hair,
the frosts of time were thickly
powdered, and their faded cheeks
showed the washings of tears; the
once smiling mouths had pathetic
droops at the corners, and their
hands—oh, so worn by years of
love's service;—trembled as they
clasped my own, and gave me greet-
ings for the old, old days' sake.
Many of these were past the four-
score mark, while a few were past
ninety years old. Yet they were as
beautiful, if not more so, as their
sisters who laughingly acknowledged
that the three-score mark was now
behind them.

There were a few others—beautiful
in a certain sense, yet the lines
were not such as to beautify; life
had been hard with them, and they
had hardened with it, and the fret-
lines were deep all over the pit-
tifully ageing faces, while the faded
eyes saw all the shadows in the faces
of others, instead of the sunshine.
One dear, beautiful woman, whose
life had been cruelly hard, in every
way, and who stood alone in her old
age, greeted every one with the
words, "How good you look!" and
her tender eyes smiled, even though
you could see the glint of tears be-
hind them, as she said, "Yes, we are
alone now—just the dear Lord and
me; but so long as He is with me,
Heaven is not far away." And many
turned from her patient star-lighted
beauty with tears in their own eyes,
feeling as though they had "seen a
vision."

Another class would greet others
with the words, "Yes, I see you are
getting old, too; you have a great
many wrinkles, and your hair is so
grizzled. If it was white, it would

not look so bad. Yes, the children
are all gone, and just me and the
old man, and I have a great deal of
trouble with him." Or, "Yes, I am
a widow; there's nobody cares for
me now. The children? Oh, yes,
they are all gone; but children don't
care for the old folks now-a-days."

As I met and parted with these
old friends, the thought came to
me that a wonderful lesson could be
learned from them by our girls, if
they but gave it a moment's thought.
Did you ever see a face that you
loved that seemed ugly to you? No
matter the lines, or the color, or
the contour; if you loved it, it was
beautiful to you. And every one of
you know some old lady whom every-
body loves, and they say, "She is
such a lovely old lady!" If any one
refers to her wrinkles, and faded
color, it is to say, that every wrinkle
is a badge of honor or for some beau-
tiful deed done or thought of help-
fulness to others. No cosmetic, no
lotion, emollient, wash or powder, or
external beautifier can give such an
effect. And right now is the time
to begin this self adornment. Look
only for the beautiful, the good, the
true; be tender and helpful and true,
yourself, and fight out all feelings
of envy, selfishness, anger, fretful-
ness, or ugliness toward others. Let
the "inner light shine," and the outer
will be illuminated. A fond mother,
looking on her remarkably talented
and sweet mannered daughter, said,
"Yes, I like to think that Louise is
beautiful, and graceful and talented;
but I love best to know that she is
good."

Think of this, girls, when you look
into your mirrors, and try the happy
thinking, the "doing of good unto
others," along with right physical
living, and note how the expression
becomes you—how it endears you to
others. It is the one unerring key
to beauty.

That Rest Room

What did you do, the past season,
about establishing a rest room for
your country sister, or the sister vis-
iting the village with no acquaint-
ance, and having to spend some
hours waiting for something or
somebody? Perhaps you, yourself,
need such a place to await appoint-
ments, or to pass an hour or so
while you must wait for something
down in the busy part of your town?
Your town, itself, should set aside
a sum from its revenue by which a
small building could be put up and
simply furnished for the use of the
neighboring women who bring their
trade to the merchants. A promi-
nent club woman, in pleading for
such a place, said that "sheep and
swine have shelter, and the cattle
have stalls, while the horses have
sheds; but the woman and baby has
not even a chair to rest in." The
Missouri state fair has just been held
in one of its beautiful cities, and
one of the most interesting things
on its program was the dedication
of its fine \$35,000 woman's building
to the uses of the women of the
state and country, in which to rest
and spend her spare time learning
many new things. This magnificent
building, donated by the state, was
the result of the continued agitation
of the question by the women's clubs
of the state, demonstrating its prac-
ticability and great value by provid-
ing a tent on the grounds for three
years, where the tired women and
her babies could find a seat or a cot

and a decent lunch room. Some day
I may tell you more of this fine ne-
cessity, and it may inspire you to
greater exertions in behalf of your
own towns. Winter, as well as sum-
mer, this "house of rest" is a ne-
cessity. Women should not be
forced to choose between sitting with
her children in the weather, or
crowding about the small space of
the country store while the husband
is talking with other men at far less
reputable places. By all means, get
your town to help you, and if noth-
ing better offers, insist that a room
be set apart in the town house for
the uses of the women and children.
See that women are treated at least
as well as the stock, and don't force
them to share the shed of the ani-
mals, sitting in the wagons while
they wait.

"Good Lights"

The early dusk-fall calls for light-
ing in the home, and no matter what
lighting material is used, the light-
ing should be good. For children
and students, there is no light like
the old kerosene, or coal oil lamps,
for they give a soft mellow light
particularly pleasing to the busy
eyes, while the flicker of gas and
glare of electricity is not so sooth-
ing. Clean the burners by boiling
often in a strong soap suds, or a
suds made of some good soap pow-
der, or washing soda solution, or
where wood is used as fuel, some
good, strong wood-ashes lye. See that
wicks are often renewed, and that
they are trimmed evenly, and keep
the lamp bowl well filled, and the
chimneys well polished. You can
not be too careful with your eyes.
Have shades for the lamps, to throw
the light down upon your work and
at the same time relieve the eyes of
the surplus. The lamps should be
cleaned every morning and freshly
filled. Be particular about this, for
nothing is more deserving of the
very best care than the eyes, both
of young and old.

In many homes where the furnace
has not yet absorbed the firelight
and carried it to the basement, the
individual stove has its doors filled
with transparent plates of mica;
and this allows the light of the
burning fuel to send a most grateful
glow out into the room. The mica
plates are very easily kept clean by
wiping them off with strong vinegar,
and this should be done as often as
the heat is allowed to go down. The
soot may be kept brushed off, using
one of the brushes used about the
stoves for polishing purposes, but it
should be kept for this alone. Many
people who do not read by artificial
light find this softened, subdued light
very attractive, and for pleasant,
home gatherings of the family, noth-
ing is more cosy.

There are so many ways in which
the attractions of the home life may
be enhanced, without any undue ex-
penditure of money, by giving care
to the little things, that we should
all cultivate the homing instinct by
little thoughtfulness.

For the Housekeeper

Most housekeepers have difficulty
in removing the stains left on pol-
ished tables by hot dishes. No mat-
ter how thick a cotton flannel cover
is used next to the table, stains will
sometimes appear, especially in the
form of white spots. It is claimed
that these can be removed by sifting
through a bit of muslin the very fine

dust of wood or coal ashes, moisten-
ing with sweet oil and apply the
paste with vigorous rubbing; it is
said the table will look like new.
Wood ashes are best, but coal ash
can be used. Sift through a bit of
thin muslin, so only the very finest
dust will be used.

Where one can not have stained,
polished or tiled floors, rugs, with
the border of bare floor covered with
some pretty linoleum, are very arti-
stic, if the coloring and markings
are harmonious. These floor cover-
ings may be used with the rough
floors, and are easy to care for. But
one must keep the house-maid away
from them with her scrubbing brush
and hot suds; rub them once a
month—or oftener, if much used—
with a little oil and methylated
spirits, mixed in equal quantities,
using only a very little at a time,
with a soft cloth, as you would for
a waxed floor, wiping and polishing
with a dry, clean cloth or chamois
skin. The inlaid linoleum, made of
bits of cork and oil, the design going
clear through the thickness, is more
expensive at first cost, but cheaper
in the long run, than the painted or
stamped linoleum, or oil cloth, as the
designs of the latter, being only on
the surface, wears off with use.

A mistake that many housewives
make is to try to cook something of
everything for every meal. One or
two kinds of vegetables, one kind of
meat, one kind of bread, a fruit des-
sert, or one easily prepared, will
save whole hours to the cook, and
give just as good nourishment to the
family, besides leaving room for va-
riety. Teach the family to "eat to
live," and give yourself time for self-
culture that you may guide the fam-
ily to the higher life.

Some Health Notes

One of the very finest things for
"nerves" is the cold bath, followed
by vigorous friction until the body
is "all-aglow" from the stir of the
blood set in circulation by the vigor-
ous exercise. If one can not stand
the cold bath, or if the re-action is
slow, and a feeling of cold, or chill
follows the bath, one of two things
is the trouble—you are either not
strong enough to re-act, or the rub-
bing down was poorly done—the
blood was not brought to the sur-
face. A thorough rubbing down
every night with a coarse towel,
using no water, is good, and this
would better be done by the patient,
but assistance by a second person
is better than nothing. In this, how-
ever, one should try to have the as-
sistance of a strongly magnetic per-
son. Not all persons are magnetic
to the same degree, or the magnetism
may not be pleasing to the patient.
Try to get assistance from one who
is magnetically stronger than your-
self, and at the same time pleasing.

Eating a light supper will give
you a better night's rest than any
"sleep" tonic taken upon a loaded
stomach. It is not always best to go
supperless to bed, and if one will
eat of light, nourishing food, not
loading the stomach, the sleep will
be refreshing and dreamless. It is
well not to excite the brain by talk-
ing, or visiting, or reading excitable
literature. Just before retiring, it
is well to drink a tumblerful of wa-
ter of the temperature that best
agrees with one; for myself, a
slightly warm drink is best relished.
Many persons induce sleep, or at
least allay restlessness, by wrapping
a folded towel, wrung out of cold
water, around the head, bringing it
low down on the back of the neck.
Tea or coffee can be dispensed with,
if one has will power enough, and
the abstainer will be all the better
for giving them up. Will-power is
a good thing to cultivate. We are
admonished to love our neighbor as
ourselves; but if we loved him as little