



The Home Department

Conducted by
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Make This a Day

Make this a day. There is no gain
In brooding over days to come;
The message of today is plain,
The future's lips are ever dumb.
The work of yesterday is gone—
For good or ill, let come what
may;
But now we face another dawn,
Make this a day.

Though yesterday we failed to see
The urging hand and earnest face
That men call Opportunity,
We failed to know the time or
place
For some great deed, what need to
fret?
The dawn comes up a silvery gray,
The golden moments must be met,
Make this a day.

This day is yours; your work is
yours;
The odds are not who pays your
hire,
The thing accomplished—that en-
dures,
If it be what the days require.
He who takes up his dally round,
As one new armored for the fray,
Tomorrow steps on solid ground,
Make this a day.

—The Talisman.

About the Hair

A "mere man" says there are two
things a woman invariably loses in
an emergency: First, her head, and
second, her hair-pins. He contends
that the condition of our small bit
of brains inevitably acts on our hair
pins.

One of the things a woman should
not do, is to scrape and strain her
hair back from her face, twisting
it into a hard little knot and fasten-
ing it on the back of the head. Even
a pretty woman would lose her good
looks with such a coiffure.

Calhoun says: "Women curl their
hair, frizzle it, bleach it, burn it and
otherwise torture it, until it has as
much life in it as last year's hay;
then they shampoo it, rumple it,
tousle it, until the effect is to pro-
duce the aspect of a mad woman in
one of her worst fits."

A woman should study the effect of
styles of hair dressing, choosing that
which shows the shape of the head
to the best advantage. A low fore-
head may be spiritualized by wearing
the hair high, while, for a bare, large
forehead, the hair should be ar-
ranged low, short, soft curls being a
very attractive shading.

Large, stout women, or even small,
stout women, look best with a pom-
padour effect, while a round, shapely
head may be dressed with a soft puff
at the nape of the neck. A tall, wil-
lowy woman, with a slim face and
high forehead, has dignity, as well
as height, added by the hair being
dressed well on top of the head in a
soft, brown crown. Some slim-faced
women look well with the hair puffed
out at the sides.

Common iron hair-pins damage the
hair and scalp; specialists say the
metal draws the healthy electricity
from the head. Anyway, the shell,
bone or celluloid pins are much bet-
ter to wear.

Hair that is naturally curly is said
to denote vanity, vivacity and quick
temper. Its possessor usually has
quick perception and industry. It is
claimed that though straight-haired

men have ruled the world, these same
men have been ruled by curly-haired
women.

For the Elderly Woman

Until a woman is a hundred years
old, she is justified in doing every-
thing possible to make herself pretty,
sweet and dainty. Goodness, or
cleanliness alone will never do it; it
is well, even necessary, to keep the
"outside of the platter" clean, but
the cleanliness of the outer must be
but an assurance of the cleanliness
of the inner woman. Mentality is a
great factor for beauty or otherwise.
A cheerful disposition and a well
stored mind are better than cos-
metics, but the cosmetics are very
good too, and not to be neglected. It
is said we have no really old ladies
now, because women know better
how to preserve their health and
mentality, and consequently, their
outer beauty.

Much of the beauty, or pleasing
appearance of the woman is due to a
wise selection of colors and styles.
Youth is pretty in almost anything;
but the woman must study her own
individuality. An elderly woman be-
comes old very soon if she indulges
in habits of slovenliness and careless
toilet. Neat, clean, well fitting neck-
wear is one of the greatest friends
an elderly woman can have. The
hair should always be arranged be-
comingly, and it pays to put in a
little time before the looking glass
several times a day. Study the color
which suits the complexion, and try
to always wear a touch of it some-
where close to the face. Because
one is "getting on" is no reason that
she should lose interest in herself—
all the more reason that she should
take pains.

Keep in the sunshine as much as
possible; nothing sweet grows or
ripens in the darkness. Nothing is
so good to the bodily life as plenty of
sunshine and fresh air, and a fit of
blues will bleach out in short metre
if one is extravagant with fresh air
and sunshine. The elderly woman
must pay attention to her figure, her
carriage, her posture. No woman,
even a young one, looks well when
she "lops."

Health Notes

In the application of water to in-
flammation, congestions, contusions
or abrasions, very few people know
which is the proper remedy to apply
in particular cases. For cuts or
breaks where blood is flowing freely,
cold water—the colder the better,
will have a tendency to contract the
openings in the torn vessels and thus
lessen the flow. Boiling hot water
will have the same effect, but is not
always to be had, and should only
be applied by one who can distin-
guish between burning and simply
contracting the vessels. In surface
inflammations, or congestions, cold
water is indicated; but if the condi-
tion is much below the surface, the
hot water must be used, as it draws
the blood toward the surface, and
thus stimulates the circulation where
it is needed. Where pus is forming,
but not yet "come to a head," hot
water, as hot as can be borne, should
be frequently applied. For inflamma-
tion of the eyes, from cold, eye-
strain, etc., hot applications should
be used at first, but gradually al-
lowed to cool as the eye becomes
easy. Many headaches may be
sponged out by a liberal use outward-

ly of hot water, and hot drinks, while
other kinds of headache require cold
water—the colder the better. This
is a matter for personal decision.

Fomentations never scald unless
they are badly wrung, and are in
consequence wet; if they are well
wrung, they cannot possibly be too
hot, and require renewing every few
hours, or as soon as they begin to
cool.

Many cases of headache, impaired
memory and inaptitude for thought
and work occurring among business
men and women and brain workers
generally, are not due to overwork,
but are caused by imperfect diges-
tion resulting from eating when one
is tired or exhausted mentally. A
light luncheon, to be followed at
night by a reasonably hearty dinner
when the day's work is over, is a
much more sensible arrangement.

Nicknames of States

California, The Eldorado; Connect-
icut, Nutmeg State; Colorado, Cen-
tennial state; Delaware, Blue Hen's
Chicken; Florida, Peninsula state;
Georgia, Cracker state; Illinois,
Sucker state; Indiana, Hoosier state;
Iowa, Hawkeye state; Kentucky,
Bourbon state; Louisiana, Pelican
state; Maine, Pine Tree state; Mary-
land, Land of the Calverts; Massa-
chusetts, Bay state; Michigan, Wol-
verine state; North Carolina, Old
North state; New Hampshire, Granite
state; New York, Empire state; Ohio,
Buckeye state; Pennsylvania, Key-
stone state; Rhode Island, Little
Rhody; South Carolina, Palmetto
state; Texas, Lone Star state; Ver-
mont, Green Mountain state; Vir-
ginia, Old Dominion; Wisconsin,
Badger state.

Waste of Tea

Pounds of tea are annually wasted
for want of taking pains. More tea
is spoiled by putting too much tea
in the pot than by putting in too
little; two spoonfuls are used by
every one when one teaspoonful
would be enough. Let any one try
carefully a few times; the result will
be a surprise and the saving indicat-
ed would be enormous. Here are
good directions for making tea:
Have the teapot perfectly clean and
warm—no stale tea leaves left from
previous brewing; for two breakfast
cupfuls of the beverage, with milk,
one good teaspoonful of tea is plenty.
Add the water the minute it boils
up; if the water has boiled a minute
or two, add a dash of cold water to
the kettle and bring to a boil again,
for water that has boiled must not
be used without adding a little fresh.
The tea should stand to draw four
minutes. Tea should never be al-
lowed to stand and boil, and if it
must stand, it should be poured from
the leaves and kept hot; but it will
not be as well flavored in that case,
as though freshly drawn. Tea that
stands, or is boiled is bitter with
tannin.

Query Box

"Greeny"—A wedding announce-
ment is not an invitation, and does
not call for a present.

Housewife—For bluing with hard
water, stir the bluing into two table-
spoonfuls of milk, then stir into the
rinse water, mixing thoroughly. Use
but little bluing.

F. R.—Instead of washing the
lamp chimney, moisten a cloth with
alcohol and wipe out all traces of

smoke. Usually, blowing the breath
into the chimney, then polishing with
crumpled newspaper is sufficient.

C. R.—Where new milk is to be
used for gravies, porridges, etc., the
salt must not be added until the dish
is prepared, as salt will cause the
milk to curdle.

Mrs. W. H.—It is claimed that a
lump of sugar dropped into the tea-
pot will prevent the tea staining any
linen, no matter how fine. As nearly
every one uses sugar in their tea,
it can easily be tried.

John D.—For mending rubbers,
apply a cement made with five cents
worth of rubber dissolved in ben-
zine or chloroform; first apply the
benzine for an inch or so around the
hole or thin place, and scrape until
clean and a new surface exposed;
then apply the dissolved rubber,
using a small brush, as quickly as
possible, as it hardens rapidly.

Laundress—To clear the muddy
water for the washing, fill your tub
or barrel with the water and put in-
to it a large, heaping tablespoonful
of powdered alum. This will curdle
the water, but in a short time it will
clear by settling, and will be perfect-
ly clear. Alum tends to harden the
water, and it will have to be broken
with some reliable soap powder, or
lye, or soda.

"L. C."—For the Christmas gift,
give some little inexpensive thing
that one can throw away if not want-
ed. Many prefer nothing but good
wishes. A card, a few flowers, carry
just as hearty good will as some-
thing that might cost many dollars.

Table Etiquette

By Request—An orange may be
cut in half, then eaten with an or-
ange spoon, or it may be peeled en-
tirely, divided in sections and eaten
with a spoon.

All pies are eaten with a fork only,
and most puddings, except custards,
which require a spoon. Soft cakes
are eaten with a fork, while jellies,
no matter how hard, are eaten with
a spoon.

A more unfortunate breach of
table manners than even "eating
with a knife," is to thrust a knife
into a dish of sweets or of any sauce,
and convey a portion of these to
pieces of bread or cake.

In using the knife and fork, a
movement of the wrist, not of the
elbow, is the proper thing; the el-
bows should be kept still. The
handle of the knife should repose in
the center of the hand, and no part
of the hand should touch the knife
above the handle; in using the fork,
only half the handle should be cov-
ered by the hand.

One should learn to sit properly at
table, among the first things. Do not
sit on the edge of the chair, nor side-
ways, nor lean back against the back
of the chair while eating. An easy,
upright position is to be maintained.
The feet should rest on the floor,
and one should not sit so close to
the table as to be unable to use the
knife and fork without awkwardness.

The napkin is unfolded to half its
size, and laid across the lap. Gentle-
men do not tuck the napkin in their
waistcoat, no matter how convenient
this arrangement may be found.
Don't wad the napkin up and use as
a towel; one corner or end is all that
is necessary to use for fingers or lips.

"Cooking the Goose"

Many families would like a dish of
roast goose better, if the cook knew
a little more about preparing it.
Goose belongs by rights to the
Christmas table, but a well cooked
young goose will be liked at the New
Year's dinner, and throughout the
winter months to follow. The goose
should be young and fat; then when
it is killed, dip it in water near the
boiling point, after first dry-picking
as closely as possible to save the