



The Home Department

Conducted by Helen Watts McKee

Scatter Sunshine

Put a bit of sunshine in the day;
Others need its cheer and so do you—
Need it most when outer sky's dull gray
Leaves the sunshine-making yours to do.
Give the day a streak of rosy dawn;
Give it, too, a touch of highest noon;
Make the ones about you wonder why
Sunset's crimson should appear "so soon."
Sunshine-making is a blessed task;
Cheery hearts, like lovely, wide-blue sky,
Banish gloom and give fresh, cheery hopes,
Check the rising tear or thoughtless sigh.
Put the golden sunshine in each day;
Others need the cheer that comes through you—
Need it most when outer sky's dull gray
Leaves the sunshine-making yours to do.
—Ladies' Home Journal.

The Old Wood Fire

Among the "old things that have passed away," we may reckon the "fire on the hearth." But in the days of our older people, the open fireplace was the main comfort of the home. After the evening chores were done, the father would bring in the great backlog coated with snow, often of ampler girth than himself, and fully breast high to him as he held it upright, canting it one way and another, walking it before him on its wedge-shaped end. He would perhaps stand it against the chimney while he took a breathing spell and planned his campaign, then the andirons were hauled forward on the hearth, and the bed of half-burnt brands and live coals raked open, the icy log was walked into the wide chimney, where a skillful turn would lay it over, hissing and sputtering with a cloud of steam, in its bed of hot embers. It seemed a thing alive, and its vehement sputtering and protesting made a dramatic moment in the family life. The stout shovel and tongs, or perhaps a piece of firewood for a lever, would force it against the chimney-back; then a good-sized stick, called a "fore-stick" was laid in front, and in the interspace smaller sticks were crossed, thrust and piled, and all quickly kindled by the bed of coals and brands. The flames went up the chimney throat with a roar, and the room was flooded with a glorious warmth and light, such as no other heating device could rival, or even approach. In very cold weather, a fire was kept all night, some member of the family getting up once or twice to replenish it. In warmer weather, a good heap of coals were drawn together and covered with ashes at bed time, or the backlog banked with ashes, and in the morning one had but to rake the embers out of the ashes and build the fire as before. In many families, the fireplace served for cooking, and many a delicious meal has been served from the long-legged pots, spiders and baking kettles that were used on the bed of glowing coals, or drawn from the ashes themselves,

where they had been baked beautifully.

Getting Ready to Garden

Now is a good time to look over the catalogues and make out your lists, both of garden vegetables and flowering plants. Many very beautiful things can be raised from seeds, costing but little except care, while if the plants were bought, each plant will cost a few cents, and even then, without good care, might not live. Many perennials and shrubs will grow from seeds. Among the very easiest things to grow are the cannas. The hard shelled seeds must first be soaked by pouring boiling water over them, in a cup, and let stand until the water is cold. Most of the seeds will have burst by that time, showing the white inside, but those which have not may be again submerged in boiling water and left to cool. Or the hard shell may be filed through with a three-cornered file, until the white is seen, then soaked in warm water and planted. The seeds germinate readily, and the young plants grow without difficulty. Cannas seeds do not "come true," but if you get a good strain of seeds, you will have many beautiful blooms, some of them very choice.

The tuberose should be potted and kept moist and warm, and after the ground warms up in the spring they may be pushed from the pot and set in the border. The bulb is easily ruined by frost, as a little chill will kill the flower germ. The bulb blooms but once, but after blooming, little bulblets will show at the sides of the old bulb, and if you have patience, and like such work, you can have them blooming in two or three years.

A good way to get a supply of perennials is to buy a packet of mixed seeds, costing ten cents; plant them, and watch them grow. You will find many pleasant surprises when they get to blooming.

Don't forget that sweet peas must be planted very early indeed; the plants are quite hardy, and they bloom better if a good start is given them before the hot months. Get a packet of mixed seeds, or buy them in bulk, and plant liberally. With the bloom, it is literally "cut and come again," the more you cut, the more the bloom.

"The Men One Meets"

In an article for girls on visiting, Good Housekeeping has this to say: "When we are visiting, our hosts will try to introduce to us just as many of their nicest acquaintances as they can, making special effort to have us meet those they think we would particularly like. And especially about the young men we meet we must be very careful. Of course, every unengaged girl who goes a-visiting secretly hopes to meet Him in the new surroundings. Somehow, He always seems so much likelier to be lurking in strange quarters than in the old, familiar ones! But we must not be eager to believe that every young man we meet is He, and very particularly, we mustn't act that eager. We all like novelty; young men as well as girls find it delightful, and the young men friends of our hostess may show a disposition to "rush" us, as the collegians say. But let us not suffer it to turn our heads. The compliment is paid, in the first place, to our hostess—to the girl we are visit-

ing. And if, in the second place, it is paid to us, too, let us be quite sure that our novelty has as much to do with it as our surpassing fascinations; that when we are gone, we shall be forgot, and the next visiting girl will have our bouquets and our candy and our compliments. Don't let us act as if every young man who tries to be polite to us, or even who honestly has a good time with us, will never know any happiness without us. And don't let us make ourselves conspicuous by the amount of attention we let any one young man pay to us—no, nor hateful by the readiness we show to jilt girls' company at any moment for the company of a boy. You've seen girls do this, and you know what was thought of them; you don't want to be in their class."

Washing the Face

A noted beauty gives the following recipe for washing the face. She claims that it is worth a hundred dollars and cost her that much to learn it, and it was worth all it cost. She says one must always be sure to get a good soap; not necessarily expensive, but a good toilet soap, and rub it right on the face. To rub soap right on the face, try this: Take a basin full of soft water; throw a little borax into it and a teaspoonful of oat meal tied in a little muslin bag, and squeeze the starch out of the oatmeal into the water. Then dabble your face with the water. Now take the cake of soap and rub it right on your face; don't be afraid of it—use plenty, and spread it on until it has formed a heavy lather; you cannot use too much if it is a good soap. Of course it must be washed off, but you can use a great many waters and it will all come off in time. Use not less than nine waters, and in the ninth put plenty of borax to soften the water. The final dash is with water made milky with tincture of benzoin. The real time to wash the face is at night, when it must be washed with the soap and massaged with cold cream. For a rough, red skin that chafes and cracks in cold weather, use the little bran or oatmeal bags in the softened water. Four tablespoonfuls of oat meal, or rolled oats tied up in a thin muslin should be dropped in the water and left for a few minutes to soften, then squeeze all the "goodness" out of the meal and wash your face and hands in this starchy water. In large cities where the atmosphere is filled with dirt, dust and coal soot, the bran or meal treatment is absolutely imperative.

For a common sore throat, just bake an Irish potato in the oven and when it is done, take out the pulp, mash up fine and mix with it a teaspoonful of black pepper and vinegar enough to moisten. Spread on a rag and bind on the throat at night, and the next morning the throat will be well.—Mrs. E. C., Illinois.

Caring for Willow Furniture

The first thing to do is to remove all dust, grime and soil from the niches and intricate work, and to do this requires a good hard scrubbing with a stiff brush. Strong soap should not be used, as it injures the varnish; make a warm suds of rain-water and a good borax washing powder and have it of medium

strength, thoroughly dissolved. After the vigorous scrubbing, rinse off with clear, warm water, using the brush; but first be sure to get it clean; if the first suds gets a dirty black look, throw it out and use fresh, for if dirty water is used, the furniture will look dingy and streaked. Choose a sunny day, work out of doors, and when well rinsed, wipe dry with a dry chamol skin.

Care of the Feet

Corns are caused by friction or pressure on the skin, and bunions are due to displacement by pressure of the joint. Only well-fitting shoes will permanently cure the corns, and after the foot is deformed by the badly shaped shoe, there seems to be only palliation, not cure. Soft corns form between the toes and are very painful. For these, a good remedy is a bit of absorbent cotton covered with powdered chalk placed between the toes; or paint the place with colorless iodine. Anything that will remove the pressure will help to remove the pain. A formula used for both corns and bunions calls for one drachm of salicylic acid, five grains of cocaine, and half an ounce of collodion; paint the surface of the corn or bunion twice a day with this for several days. Only well-fitting shoes will prevent or permanently cure any of these painful ailments. The feet should be well bathed in strong salt water every night, thoroughly dried, and the stockings changed every day.

Collar Wrinkles

When the back of a waist wrinkles just below the collar, cut out the back just there; if the wrinkles are across the back and lower down, the back is too long, or the shoulder seams too tight. Wrinkles sometimes show under the arms if the side-forms are not held sufficiently full. A larger collar is sometimes inflicted when the neck wrinkles all around. The waist should be as long as can comfortably be worn, and the darts should be kept near together at the waist-line, to give the tapering effect to the waist. All the fitting should be done before cutting out the armholes and neck correctly.

FAMILY OF FIVE

All Drank Coffee From Infancy

It is a common thing in this country to see whole families growing up with nervous systems, weakened by coffee drinking.

That is because many parents do not realize that coffee contains a drug—caffeine—which causes the trouble.

"There are five children in my family," writes an Iowa mother, "all of whom drank coffee from infancy up to two years ago.

"My husband and I had heart trouble and were advised to quit coffee. We did so and began to use Postum. We now are doing without medicine and are entirely relieved of heart trouble.

(Caffeine causes heart trouble when continually used as in coffee drinking.)

"Our eleven-year-old boy had a weak digestion from birth, and yet always craved, and was given, coffee. When we changed to Postum he liked it and we gave him all he wanted. He has been restored to health by Postum and still likes it.

"Long live the discoverer of Postum!"

Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.