



# The Home Department

Conducted by  
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## When Baby's Hair Was Cut

The day they cut the baby's hair  
The house was all a-fidget;  
Such fuss they made, you would  
have said  
He was a king—the midget!

Some wanted this; some wanted that;  
Some thought that it was dreadful  
To lay a hand upon a strand  
Of all that precious headful;

While others said to leave a curl  
Would be the height of folly,  
Unless they put him with the girls  
And called him Sue or Mollie.

The barber's shears went snip-a-snip,  
The golden fluff was flying,  
Grandmother had a trembling lip,  
And Aunt was almost crying.

The menfolks said, "Why, hello, Boy,  
You're looking five years older!"  
But mother hugged the shaven head  
Close up against her shoulder.

Ah, well; the nest must lose its  
birds,  
The cradle yield its treasure;  
Time will not stay a single day,  
For any pleader's pleasure.

And when the hour's work was  
weighed,  
The scales were even, maybe;  
For father gained a little man,  
When mother lost her baby.  
—Medical Magazine.

## The Sociable Side of Life

What are you doing about it—the "social center" idea? Are you giving it any thought? But thought is not enough—"Blessed are they that do," you know, and faith without works is dead. So, it behooves you to get busy and decide on what is to be done for the social side of life, for both the youths and the grown-ups. It is a poor way to spend your afternoons and evenings camped up about a stove, or asleep over your paper or book. No wonder the young, stirring blood listens for the call of the city. It is not only the young people that weary of the monotony of themselves; we all long for companionship with other minds. There is no tonic like it, and it is the best thing "to take" for the cure of "nerves." There should be in every community some place where the people can gather, young and old, and get acquainted; where they will feel free to come, and to bring others. The country school house is better than nothing, but there should be a hall built and kept up especially for social meetings, men's clubs, women's clubs, boys' and girls' clubs, social gatherings of all kinds, public meetings, lectures, dances, and for informal neighborhood meetings where one neighbor can learn to know another. "It is better to wear out than to rust out," and that is just what a great many men and women are doing—rusting—rotting from disuse. Stir up the social center idea; work for it, and insist on others working for it. It is the social life of the city—or the dream of it—that takes our young people from us, and it is also the dream of many old people—to go to town, or city, when they get old, so they can have the advantages of social gatherings. Many families leave the farm and village just for the sake of being with people; and when they get to the city, they do not fit in, and they are lonely and longing all their days

—just to get back to the country, and meet with the old friends. Why not make something of your life besides toil?

## The New Cookery

Paper-bag cookery seems to have taken the world by storm, so far as real, enthusiastic interest goes, and the gas companies, especially, are giving "demonstrations" in various cities, showing the housewife how she may successfully do away with the cleaning of pots and pans, and provide better flavored foods for her family with the paper-bags and the gas oven. The bags are made of an especially prepared cellulose paper which retains all the juices and flavors of the food, and it is positively stated that the meats cooked in these new "utensils" retain their weight, allowing little or no shrinkage. With gas, gasoline, alcohol and electricity as fuel, with all the other labor-saving machinery now to be had for the household, and now the doing away with the disagreeable work of cleaning the pots and pans, the fortunate woman who can command all, or even the greater part of these housekeeping aids, can surely find time to grow, mentally. Every day, there are "demonstrations" of various domestic labor-saving machinery and devices at the various business houses, department stores and other centers of interest, and the woman who can find time to attend them and money to invest, even to a limited extent, in them, will find it greatly to her advantage to learn all she can. The fireless cooker still holds a prominent place in the interest of the housewife, since baking, roasting, and all other cookery can be carried on with them. There are untold numbers of lesser helps, all of them good in practical hands, but some of them mere "junk" in the hands of the impractical or easily discouraged women. It will not pay to buy everything; these demonstrations, and the reading of good, reliable magazine literature on the subject, will guide one fairly well in the matter. If you live where these things can be seen, be sure to look at them, and try to understand the principle on which they are worked.

## Comments

Press dispatches to the daily papers make mention of the organizing of societies known as the "League Against Lending Books." In order to become a member, one must own at least two books, and register a solemn vow that he will not lend any book, no matter to whom. Such a society would doubtless become popular in more localities than a few, for the majority of book lovers have had their choicest books depleted by borrowers who forgot to return them. Where there are public, or even circulating libraries where a book may be taken out for a certain number of days by paying a small sum for the privilege, there seems to be no excuse for the borrower from individuals. Many people who are supposed to be governed by the rules of strictest honesty will yet literally "steal" the book of their best friend, by borrowing it with no intention whatever of returning it to the owner. Yet these rogues would be very indignant if one accuses them of dishonesty.

Electricity is gradually taking the place of first aid to the housekeeper,

not yet largely in the individual home, but in hotels, restaurants, and public places. Everything, from the cooking to the delivery of shaving water is expected to be done by electricity, music will be furnished, automatic dumb waiters will carry orders to the basement, and the servant question will be solved, as at most two or three human servants can carry on the business of the whole establishment.

The argument one most often hears against the "woman in business" is that it unfits her for domesticity, and wrecks the home life, but it is not conclusively proven by actual facts. Down deep in every woman's heart is the love and longing for home, and it has been proven that "a woman can make a home out of a wood shed, if 'put to it.'" But where a woman has to lead a business life in order to support herself and perhaps others, it is a hard matter for her to carry both burdens without falling in health sooner or later; no man would attempt it. If women were more fairly dealt with in regard to money matters, the majority would vastly prefer the comforts of the home.

## Educating the Woman

"R. F.," one of our brother readers, writes me that he is very much averse to the forming of clubs by the country women, for the gathering only gives them opportunities for a more extended retailing of scandal and gossip. I'm sorry this brother has to associate with women of such low mentalities; but you know it is an accepted saying that, "As the husband, so the wife is," and it is true to a very great extent. It may be, that R. F. sets a bad example for his women folks to follow, and if he would lead them along the higher pathways, they might do better. Seems to me that I have heard that some men are given to gossip, and "telling good stories." Would it not be a good idea to form clubs admitting both the women and the men, and thus they might better each other. Try it, brother. Take your wife to your own club meetings, and let her learn how better to use her mind.

## Taking Precautions

It is not advisable that one should begin to "coddle" the body as soon as the chilly season comes on, but it is a very good thing to take necessary precautions against "catching cold" which some people do as soon as the wind changes in the autumn. Nasal catarrh, the "catching cold" in the head, is usually a slight, brief fever, which ordinarily passes off in a few days, even without treatment of any kind; but this acute form sometimes becomes chronic, and the recuperative powers of the body becomes weakened and exhausted. Every "common cold in the head" tends to a succeeding one, and the person who suffers from them becomes more and more liable to further attacks, not alone from the weather, but from inhaling dust, or whatever irritates the already weakened and inflamed mucus membrane. The earlier stage of a cold in the head is often successfully treated by snuffing up a solution of salt and water, or a two per cent solution of carbolic acid, two or three times a day. A glass cup, with an opening at the bottom to which is attached a piece of rubber tubing of sufficient

length, in the free end of which is a glass or hard rubber piece that fits into the nostril, is almost a necessity, but the fluid can be "snuffed up" out of the palm of the hand successfully. The head should be thrown well back so the fluid will flow down into the mouth, and the patient will soon learn how to keep it from going down into the throat; the throat should be gargled with the same kind of fluid. Borax and common baking soda, equal parts of each, in a pint of water, or borax and salt, a teaspoonful of each to the pint, are all good. This should be used several times a day, but necessarily morning and evening. A "simple cold" sometimes leads to serious results, but often can be broken up if the patient stays in a warm room, using plain nourishment and inducing a gentle moisture of the skin. For the little folks, care must be exercised in regard to clothing, and to exposure in many forms. Begin now, and ward off many of the diseases of winter.

## Learning the Art of Resting

We have so many old-young people that we are led to wonder why men and women get old at so early an age. One woman, over sixty years old, said to me a few days since, "I am never tired, and I always feel active and cheerful; I can stand more than many women of forty years of age. It all depends on getting rested and keeping rested, and it is only by following a few common-sense rules, that this can be accomplished." One of these rules is to concentrate the muscles; settle yourself somewhere and keep perfectly still; arrange your feet, arms, legs, head, hands and feet so you are perfectly comfortable, and then sit in this position for five minutes. Don't cough, don't move, don't fidget; don't do anything but breathe deep long easy breaths as you do when asleep; keep the mouth closed, and shut or leave the eyes open, as you see fit, but don't try to see things. Then, begin to move one set of muscles, say the arms, stretching them out alternately, doing this twenty-five to fifty times; while using your muscles you may sing, or hum tunes. Begin working your knees, and feet, your toes, and your ankles as you did your arms. Bending exercises for the hips come next, leaning the body forward and drawing the lower limbs up; continue this with all the joints, but do not keep it up until tired. Begin easy and increase the dose. Then, learn to rest, for you will be a little tired. Rest the neck and head. In walking about, the head should be well back on the neck, never thrust forward or resting on the breast. If sitting, rest the head on the back of the chair, or against some support. Most women have backache simply because they do not rest the back. When standing, stand straight; when sitting, sit back as far as possible in the chair. The chair should be low enough for the feet to rest on the floor. Rest the hair by letting it down; rest the eyes by closing them for a time; rest the mind by thinking of pleasant things. Learn to rest the body all over, taking from five to ten minutes every day. Don't wait until you "have time." Take it. Rest, and see how much better you will feel in a week's time.

## For the Toilet

An easy way to make a good cold cream is to stand a jar in hot water and put in the following: Half an ounce each of white wax and spermaceti; add four ounces of oil of sweet almonds; stir until all is dissolved, then add two ounces of rose, orange-flower or lavender water, and beat briskly until cool.

Lavender water is one of the most refreshing and delightful of toilet waters, made by the following re-