



# The Home Department

Conducted by  
Helen Watts McKee

## The People of the Darkness

I wander through the busy streets,  
and see on every side  
Dim, painted wraiths of people who  
are living, yet have died;  
A world of brooding sorrow lies be-  
neath each painted face,  
The people of the Darkness these:  
the outcasts of the race.

I wander down a side-street through  
an unrequented way  
To find a little sunless court where  
ragged children play;  
Of childhood as WE know it they  
have nothing but the size—  
But, ah! the age-long misery that  
slumbers in their eyes!

The morning shivers and awakes: I  
hear on every street,  
Unrested, stumbling through the  
murk, the tramp of weary feet;  
Who may these wan-faced phantoms  
be, and what their fevered quest?  
The workers in the Depths are these,  
who toil that we may rest.

The People of the Darkness, all,  
"who did not start aright;"  
Who "stumbled" on the weary way,  
who "wandered" in the night;  
We pity them, and yet, I think, be-  
fore a Judgment Bar,  
'Tis we will need the pity—we, who  
made them what they are.  
—Charles H. Mackintosh.

## Keeping the Best for Home

Children hunger perpetually for  
new ideas, and will learn with pleas-  
ure from the lips of their elders  
what they deem drudgery to get by  
study from books. Even where they  
are deprived of school advantages, if  
they have the privilege of daily lis-  
tening to conversations of intelligent  
people, they will grow up intelligent  
and well informed. We sometimes  
see parents who are the life of the  
social circle, yet who, at home are  
dull, silent and uninteresting, and  
whose mental condition reacts badly  
on the children that are starving for  
the mental stimulus, the conversa-  
tion and discussions of their elders  
can and should give them. If their  
mental activity is so circumscribed  
that they can not meet the demands  
of both home and company, let them  
first feed their own household—the  
little hungry minds they are respon-  
sible for. A silent home and sullen  
parents is nowhere attractive, and  
every member of it will escape from  
it as soon as possible. Those whose  
labors or business take them outside  
the home should remember the dull,  
isolated life of those kept inside, and  
should study to bring color and new  
life into the family circle. Much of  
the unhappiness of married life is  
caused by the dull, silent husband,  
who has no bit of newsy gossip, or  
happenings of the day, or items  
of information to enliven the  
family meal with. Husbands should  
study to enliven and brighten the  
stagnant atmosphere of the home by  
the graces of home conversation in-  
stead of further depressing it by a  
silence and reserve that only too  
often breaks out into peevish fault-  
finding and quarrelsome harshness.  
And there are so many such so-called  
homes!

## Gleanings

The Society of the Daughters of  
the American Revolution was formed  
in Washington, D. C., October 11,  
1890, the anniversary of the day on

which Christopher Columbus first  
sighted land. It was brought into  
life in appreciation of an inspiring  
newspaper article on a heroine of the  
revolution, one Hannah Arnett who,  
by her advice, much resented at the  
time, revived the courage of the  
leaders in the struggle for freedom  
from tyranny. Though in point of  
numbers, it is not the largest society  
of women in the world, the daughters  
can boast of being unique. It is in-  
corporated by an act of congress and  
must report to that body annually  
through the Smithsonian institute.  
Thus, from the very start, the society  
was put on a legal basis, and in this  
way gained much in dignity and sup-  
port. The only requirement for  
membership is that the women ap-  
plying must be of unblemished  
character, and be able to prove lineal  
descent from a patriot of the revolu-  
tion, whether citizen working for  
the cause, or soldier in the field.

A statement, based on a scientific  
announcement recently made by Pro-  
fessor R. A. Gregory, an English  
astronomer, has it that there will be  
more rain than usual until the year  
1913. The English professor said,  
in substance, that the regular periods  
of weather-changes on the earth ex-  
actly corresponded with the similar  
periods of changes in the phenomena  
of the sun. Some years ago, another  
astronomer named Bruckner, dis-  
covered that these periodic changes  
averaged about thirty-five years in  
length, and from this it is inferred  
that there would be heavier rainfall  
than usual for a year or two longer.  
This in answer to a "query."

## For the Housewife

In arranging for lighting the din-  
ing room, all overhead lighting  
should be avoided, as such lights  
throw bad shadows about the room,  
while shedding a concentrated glare  
immediately on the table and the  
diners. The act of eating is by no  
means graceful or interesting, and  
we should naturally try to avoid  
drawing attention to it by the strong  
concentration of light upon the in-  
dividual. The lighting, electric or  
gas, is best given off from side-  
brackets with several burners vari-  
ously placed about the room so as to  
give light on all sides; while the  
table, if needing more light, might be  
illuminated by candles tastefully ar-  
ranged. A glaring, garish light is  
nowhere conducive to the home feel-  
ing, and a subdued, though perfect-  
ly clear light is most agreeable for  
all purposes, and particularly to be  
recommended for its effects on faces  
and fabrics. For the reading table,  
nothing is more comfortable to the  
eye than a good, clear blaze from one  
of the new improved coal oil burn-  
ers, shaded to suit the work.

It is true that tinware has fallen  
into disrepute in the household be-  
cause of the market being flooded at  
present with thin and worthless ware  
which at best is nothing but an extra-  
vagance. But if one can go to a re-  
liable dealer and get tin of a satis-  
factory quality nothing is better for  
ordinary uses. Enameled ware has  
not proven durable, as the enamel  
chips off or burns off easily, and  
leaks are the result, causing the  
vessel to become worthless. Much of  
the enameled ware sold by depart-  
ment and house furnishing stores is  
of a poor grade, called "seconds,"  
and hardly pays for carrying home.

Aluminum is now being offered at  
much cheaper rates than heretofore,

and a good grade of this metal makes  
the lightest and best cooking vessels.  
The copper vessels lined with tin are  
expensive, and the tin will wear off,  
in time. Among the very best ves-  
sels for service for ordinary cook-  
ing is the iron or steel vessels that  
are easily cleaned and literally last  
for generations, if given ordinary  
care.

## For the Toilet

For whitening the skin, cut up and  
stew until soft two large cucumbers,  
without peeling, using one cupful of  
water. Then strain the juice, and to  
one-half cupful of strained juice add  
one-half cupful of witch hazel; use  
several times a day on face, neck and  
hands. Do not make more at one  
time, as it is better fresh.

Cucumber cream is a bleach  
cream instead of a tissue builder, and  
may be used at any time. The tissue-  
building creams are to be rubbed in  
at night only after a thoroughly good  
cleansing of the skin with warm  
water and good, vegetable oil soap.  
After the cleaning, a good astringent  
should be used and allowed to dry  
on the skin, then the tissue-builder  
applied, gently massaging it in for  
several minutes.

Lemon juice will remove nearly  
every stain on the hands; for whiten-  
ing, few things are better than lemon  
juice, glycerine and rose water. Here  
is the formula: Rosewater, two  
parts; glycerine, one part; lemon  
juice, one-half part—that is, twice as  
much rose-water as glycerine, and  
twice as much glycerine as lemon  
juice. Dab this on the skin and allow  
to dry. Use only after washing the  
hands.

A bleach soap that can be made at  
home is composed of one small toilet  
cake of pure castile soap, shaved very  
thin, and put into a double boiler  
with half a cupful of boiling water;  
let this simmer until the soap is all  
liquefied and the water evaporated—  
about two hours; then add one ounce  
of lemon juice, one ounce of cologne,  
and thirty drops of tincture of ben-  
zoin; make into small cakes and put  
away to dry for a time before using.  
This should not be oftener than once  
a day, and a good application of cold  
cream should be rubbed into the  
hands after its use, as it is very dry-  
ing. This may not suit every skin,  
but the ingredients are harmless.

## Odds and Ends

To pack a hat for traveling, get a  
stiff hat-box and cut to just hold the  
hat; put the hat in the tray box and  
put the box over the hat; underwear  
and small things can be packed on all  
sides of the cover, and the hat thus  
kept from sliding about.

Wash lingerie waists as usual, not  
starching, dry, and then dip into a  
solution made of one tablespoonful of  
borax to one quart of warm water;  
wring out and roll up in a towel, and  
in a few hours iron dry before the  
garment dries out. The garment  
will not get mussed so soon as if  
starched, and is much easier ironed.

When going away from home,  
wrap all bottles of liquid in ab-  
sorbent cotton, and pack closely in  
a small rubber bag. An old water  
bag will answer. Tie up the top and  
pack the bag in your hand-satchel,  
and it will go safely.

On extremely hot nights, put one  
thickness of fine Japanese matting  
between the mattress and the sheet  
and see how much cooler your bed is.  
Where the hands are unduly moist

in hot weather, try a lotion of eight  
grains of tannic acid to four ounces  
of bay rum; use this also for exces-  
sive perspiration of the axillae, then  
apply a dusting powder of prepared  
chalk or orris root.

To relieve an itching skin, try a  
starch bath; into a tub of warm  
water drop about half a pound of or-  
dinary washing starch; if the itch-  
ing comes from nervous affections,  
put about two cupfuls of vinegar in  
the water with the starch, and use  
as any bath—no soap. This is ex-  
cellent for itching caused either from  
nerve or blood troubles.

A recommended bath is prepared  
thus: Take a large old potato, peel  
it and cut in half; scrub the body  
with this as you would with a brush;  
this will make a fine lather, and gives  
the water a milky appearance, as the  
potato is nearly all starch; scrub and  
wash for ten to fifteen minutes, then  
rinse off with clear water. Try it.

## Renovating Old Furniture

To remove varnish from old furni-  
ture, use one of the several good  
varnish removers on the market;  
paint it on with a brush, let stand  
for about twenty minutes, or until the  
old varnish is softened, then scrape  
it off—remover, dirt, old varnish  
and all; a putty-knife is a good  
scraper to use, then follow with a  
cloth wet in wood alcohol, and wash  
the remainder of the varnish off; use  
No. 00 sandpaper on the surface until  
it is very smooth and the natural  
wood showing. If you wish to stain  
the wood, use any good stain but a  
water stain; the water stain may  
raise the grain. There are many  
kinds of stain—water stain, alcohol  
stains, varnish stains, oil stains and  
dyes. Varnish stains should not be  
used on anything of much value, and  
it must be remembered that soft  
woods absorb much more stain than  
hard woods. The standard brands  
of stain are reliable, having all been  
perfected by experts, and if properly  
used, will bring good results. Fol-  
low directions on the label.

## Canning Greens

Many things used for "greens"  
may be canned by the following  
method: Pick over carefully and  
wash the leaves—mixture of kinds  
is desirable; cook in boiling salted  
water as for the table until nearly  
done; do not have much water, but  
cook in closed kettles to make the  
steam do the work. Then pack  
closely in jars and pour over them  
boiling vinegar to fill every air-space,  
then seal tightly as any other can-  
ning. Pack the greens closely in the  
jar, and when pouring in the boiling  
vinegar, run a knife blade around  
the edge in order to open up the  
spaces for the vinegar. Wrap each  
jar in brown paper, or put into paper  
bags, and keep as other canned  
fruits. Spinach, mustard, chard,  
beet and other greens are put up in  
this way.

## Pudding Sauces

As many housekeepers are partial  
to fruit puddings, it is well to know  
how to make good sauces to use with  
them. Nearly all sauces have for  
their foundation the "roux" of but-  
ter and flour, but if this is not well  
made, there is a taste of raw flour  
which is not agreeable to the palate.  
It is better to use sifted flour, as it is  
not so compact as the unsifted, and  
blends more easily with the butter.  
Usually, a full (not heaped) table-  
spoonful of flour is used to each  
tablespoonful of butter, but if the  
pudding is to be very dry, more but-  
ter may be used. Put the butter into  
a skillet of suitable size, and when it  
melts, add the flour, stirring briskly  
until the mixture is perfectly smooth;  
it must not burn, but must be hot  
enough so when the milk or water is  
added it will boil up at once; if the