



# The Home Department

Conducted by  
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## Tired

I am grown old, and this is how I know,  
Not by the stiffening joints or hair of snow,  
(These have been gifts that time has long bestowed)  
But by my yearning for a snug abode,  
A clean white cottage where the roses grow.

Once when the road-call came I leaped to go,  
But now I linger by the hearth aglow,  
The weight of years is my too-heavy load—  
I am grown old.

There is no summons in the winds that blow,  
There is no challenge in the seas that flow,  
There is no magic in the rovers' code,  
I am weary of the open road,  
Bitter it is to learn, but it is so,  
I am grown old.  
—Berton Braley.

## Getting Rid of "Things"

Every home should have its own private crematory, and the housewife should not fail to avail herself of its assistance whenever the necessity of "sorting out" occurs. The "tyranny of things" is one of the causes of so many nervous breakdowns among housewives, and the tendency in every line now is to concentrate. In every department of the home, the inclination is to hoard up, to hang onto useless, out-of-date, worn out articles that promise, even in the remote future, to in any way supply a demand. Every room in the house is filled with "clutter," and this is especially true of the garret, store room, or basement corners, trunks, or closets. Unless a very present use is plainly to be seen for the disabled article, it is best to discard it, either by selling, giving away, cremating, or throwing into the waste pit. Old clothes that can by no possibility of the present hour be turned to account, old rugs, worn out carpeting, bed-clothing or furniture, broken dishes, leaky or rusty cookery vessels, out-of-date contrivances that we have grown tired of, should be put out of the house to serve a good purpose with some other less fortunate worker, or, if not "available" for bestowal, or sale, may be burnt up, or thrown into the rag man's hands. Old, soiled rags, scraps or bundles of paper, trimmings of vegetables, and scraps of various kinds will lend themselves admirably to the activities of the backyard crematory, and they belong right there, instead of scattered about underfoot, or tucked in corners, or cluttering up closets, or boxes, rendering the premises unsightly and unsanitary. Just separate the sheep from the goats, and sacrifice the useless to the gods of cleanliness and sanitation, and you will be repaid in more than money. A very satisfactory crematory can be made of a few feet of poultry wire, by fastening the end wires together, and laying another piece on the top, to prevent the scraps escaping through the top. Just try it once, and see what a fine thing it is.

## Table Manners

A writer in a magazine says that custom has decreed that a man must

eat food with a fork instead of shoveling it into his mouth with his knife blade, and that parents who do not teach their children that a knife blade should never be put into the mouth are measurably criminal, since, by the neglected education, the child's prospects in life are endangered. On the other hand, there are some well-meaning, excellently endowed people who maintain that a man's a man, even if he does "eat with his knife," and in a degree, this is true; but if children were only taught to observe the etiquette of the table in the small things of life, it would spare them many a bad half hour with themselves when made to feel that they had committed some unpardonable blunder, which, though a little thing in itself, has set the seal of "ill-bred" on their character. It is necessary for one's own self-respect that he or she should conform so far as possible, to established usage, and if the child's education has been neglected, in this respect, there are plenty of books giving the rules of etiquette, a copy of one of which every girl or boy should possess. This, like the Bible and the dictionary, is one of the necessities in the family, and the simple rules of every day usage should be carefully studied by every member of the family. In planning for your Christmas giving, this book would be a wise choice for the growing girl or boy.

## Getting Things Ready

When one realizes the chronic condition of "out of order" in which the tools of the housewife are generally found, we cease to wonder that housework is considered a drudgery, and sewing a species of slavery from which the home seamstress seeks release by resorting to the "ready-mades" that are, in most cases, a species of extravagance for which there is no excuse. In every family there should be a good, well-cared for sewing machine, if only for the necessary "stitch in time" that will save more than its cost, many times over. The market is flooded with cheap machines that are forever out of fix, and which make even a few hours' sewing a sort of nervous-breakdown breeder to the one who tries to run one of them. But even the best of machines has to have care; it must be kept covered from the dust, the children must respect it, and keep hands off; the oil can must be in evidence regularly, and only the best of oil should be used; if it runs heavily, benzine, gasoline, or coal oil is the medicine needed, and all gumminess of the joints must be kept wiped off. Bands, and all joinings, screws, and fastenings should be kept tightened, needles should be kept in variety, and with good, sharp points; attachments should be in place, and in good condition, and there should be a good light. After getting the machine in good fix, see that all scissors, shears, knives, are sharp and in place; plenty of thread in variety, needle-pointed pins, and other necessities. The "cost of living" can be materially reduced if the sewing machine does its full duty, and sewing is by no means hard work if everything is in order and ready for good service. Where there are children, many things can be done by them, and as they are not allowed to work until well along toward youth, they should be given employment in the

home, and the boys, as well as the girl, can do good service, if it is made plain to them that part of the responsibility of life is theirs.

## Gleanings

The terms, sanitarium and sanatorium, are very often confused. Sanitarium is from sanitas, meaning health, and is correctly applied to a healthful place, or resort for convalescents. Sanatorium is from sanare, to heal, and is correctly applied to institutions designed for special treatment of sick persons, as where certain diseases are treated.

Plants, as well as animals, generate heat as a result of the processes of nutrition and growth. Certain lilies of the arum family give off so much heat during inflorescence that a sensitive hand can plainly feel it.

To clean bottles, put into the one to be cleaned a teaspoonful of pebbles or clean gravel, then add warm water with a little soda dissolved in it and shake until all discoloration is removed. Any of the soap powders will answer even better than soap, as soap usually leaves the glass streaked or dim.

To preserve the colors in gingham or percale, before washing soak in water in which a tablespoonful of turpentine to the gallon has been stirred, then wash them through suds as usual. When rinsing, add a little borax to the rinse water; turn the garment inside out and dry in the shade.

The best remedy for tired and nervous feet in hot weather is rest; but this can not always be had; next to this is massage and the application of a soothing tonic. In massaging the foot, which must be done by a second person, hold the foot firmly in the left hand, massage each toe separately, then massage the foot firmly and proceed with the massage to the knee, with an upward stroke. Begin with the left foot, and make the massage as thorough as possible without tiring the patient. Alcohol is a good thing to use with the massage.

## For the Toilet

For cleaning the hair, wash thoroughly in a suds made of warm water and tar soap, then rinse well in order to get the suds out; rub briskly with warm towels to remove all moisture, carefully loosen the tangles with a comb, brush well, and rub into the scalp the following dressing: Equal parts of bay rum and coconut oil well shaken before using. This is excellent for harsh, dry hair.

For hard corns and callouses, nothing is better than, after softening the hard shell on the surface with a good hot bath, to rub the scale off with the toilet pumice. A bit of tissue paper, or gauze or absorbent cotton between the toes will relieve soft corns. But the very best thing for any foot ail is to insist on having the right kind of shoe. This often necessitates a wrangle with the shoe man, but insist on the right kind of shoe.

For bleaching the "dirty" neck, nothing is better, or gives quicker results than binding on the neck at night the juicy part of the peelings of cucumber. It is the arsenic in the juice that whitens, and the bleaching properties are said to lie next the peel. Cucumbers for toilet preparations should be neither ripe nor

green, but just at the stage when they are best for table use.

An excellent milk for whitening the skin is made by powdering one-fourth of an ounce of imported castile soap and dissolve in three ounces of cucumber essence (not juice); let this stand over night to thoroughly dissolve, then add eight ounces of the expressed juice of cucumbers, half an ounce of sweet almond oil and a dram of tincture of benzoin; any preferred perfume may be added. After the nightly wash, dab this milk liberally over the parts to be bleached and let dry on. Cucumber essence can be had of the druggist.

## About the House

Any scratches on polished furniture can be lessened, and often wholly removed, by laying a cloth saturated with linseed oil on them and letting it remain for several hours, then polishing.

A woman who can doctor up her ailing machine, clean up rusty shears, sharpen knives and scissors, and kitchen cutlery, tighten loose screws and glue loose joints, will find the knowledge worth while in more ways than one.

It is recommended to keep a cup of granulated sugar on the sink shelf, and while the hands are covered with soapsuds, rub a pinch of it well over them, in order to whiten and soften.

If your garment is not too badly scorched (which means very bad indeed), the short-cut to remedying the damage is to hang the scorch in the hot sunshine all day.

A short-cut for cleaning is to keep a lot of newspapers hung on a hook near the stove or sink, and use it as a cloth for cleaning the range, or wiping off greasy articles, dirt, soot, or rust. For polishing the range nothing is better than newspapers. For cleaning greasy dishes, pots, pans, use the crumpled paper before the dish rag.

Bran filled into cheesecloth bags is excellent for cleaning wall paper. It is also better than soap for the bath tub, and for the toilet, nothing is better for the hands, face and neck. It is as cleansing for clothes as for the body. Boiled, and the water used the same as soapsuds, it is as cleansing for delicate colored fabrics as soap, and does not injure the color.

Flannels should be allowed to drip, with as little wringing as possible when getting through the last water. Hang by the edge and let drip until dry. For crocheted or knit goods, rinse perfectly free from soap suds, then "huddle" on a piece of clean cloth, turning often, to dry even. Hanging up will leave the article "stringy."

## What You Want to Know

When laundering white goods having colored embroidery that may not be washed or boiled as other white goods, wash them quickly in soft water suds made with a pure, vegetable oil soap, rinse well and dry them as quickly as possible in the shade. It is a good way to spread them out flatly, so that if there is any running of the colors, it will not streak the white so badly, if at all, the horizontal position allowing all drainings to settle downward. Put them into an old, clean muslin bag which has been dipped in strong bluing water (the bag, not the articles) and thoroughly dried beforehand; hang this bag with the embroidered articles inside in a well lighted place for several days. The goods will be well bleached and the embroidery not faded.

For cleaning white yokes or cuffs without removing from the garment, cover them with a mixture of two parts white corn meal and one part powdered borax, rubbing it in lightly. Roll up and leave the mixture on overnight, then brush out thorough-