



# The Home Department

Conducted by  
Helen Watts McKee

## Everybody Is

Way down deep within their hearts  
Everybody's lonesome.  
Far within their secret parts  
Everybody's lonesome.  
Makes no difference how they smile,  
How they live or what their style,  
Once in every little while  
Everybody's lonesome.

People first in big affairs—  
Even they are lonesome.  
Maybe like to put on airs;  
Just the same, they're lonesome.  
Men for whom existence blends  
Every good; who gain all ends,  
Still reach out their hands for  
friends;  
Everybody's lonesome.

Women, silk-clad, jeweled fine,  
Yes, they, too, are lonesome.  
When their gems the brightest shine,  
They, are just as lonesome.  
Some must serve and some com-  
mand;  
All still seek, with groping hand,  
Love, and friends who understand,  
Everybody's lonesome.

Though your gift of friendship's  
small,  
Everybody's lonesome.  
It may answer someone's call;  
Someone who is lonesome.  
Give and give with might and main,  
Give your hands, and join the chain;  
And your gift will be your gain,  
Sometime, when you're lonesome.  
—Miriam Fletcher in the Detroit  
News.

## What Shall We Eat?

It is claimed that, unless it is a cure of malignant disease, one can cure almost any disease simply by regulating the diet. Of course, for such a result, one should know what diet to use, and as "one man's meat is another man's poison," the question of diet would be a strictly personal one. But there is one rule which may and should become general—it is the question of quantity. Physicians and others who have studied the question, insist that the amount of food consumed is altogether too large, and that it could be reduced one half without any disagreeable consequences taking place. It is surprising, when one tries it, what a small quantity of food an adult can live on and enjoy good health. Disease is quite as likely to come from food eaten at improper times, and under improper conditions, unsuitable as to quantity and quality, as from the multitude of germs that are supposed to be rioting about, hunting nesting places, and which are supposed to be inhaled every time we draw a breath. To be healthy, it would be a good plan to experiment with foods, both as to quantity and kind. Most of people confuse hunger with appetite, and mistake the cravings of a diseased condition of the stomach for the hunger that calls for the proper materials for building up the waste places of the body. Many people suffer from starvation, even while eating abundantly, because the digestive organs are in such a condition that nutriment can not be gathered from the food taken. In eating, as in other things, one should use sense and heed the monitor which does not fail to call attention to the fact that we have eaten all the system requires. It would be a good idea to increase the interest on the subject of meat-eating, as many

people in their ignorance are eating meats that are certain to produce disease, because of their so-called cheapness. Stale vegetables are bad enough; but meats of poor quality are almost certain to be rank poisons.

## "Passed On"

Last January I told you of my little outing—the three days' visit with the brother from whom I had been parted for nearly two decades. In August last, warned of the coming of the Messenger who calls but to be obeyed, I was with him again for a brief while. He was bright, optimistic, and planning, even in the face of the Shadow, for further "doing unto others," as his life-work had led him into paths of helpfulness among his old army comrades and their widows. We, who looked into the bright, clear eyes, undimmed by his many years of suffering, and rested in the strength of his strong, brave, understanding love, knew that his further helpfulness would be but brief—that his days were few. One morning, a few days ago, news came that the beautiful spirit had found the Open Sea, and had passed out into the Unknown—cheerful, helpful and thoughtful of others until the last. On the morning of November 22, 1912, Daniel Boone Watts, member of Company H, Third Wisconsin volunteer infantry, passed away at his home in Kansas City, Mo., aged 70 years. He had been a great sufferer from troubles of the digestive organs, the disease contracted during his service in the army. He was faithful in all the relations of life, and many readers of The Commoner will feel, on reading this paragraph, that one of their truest friends has passed away.

"They are all there—the blessed household band!  
I, only, stand and shiver in the cold outside;  
I, only, lift up eager, pleading hands  
Outstretched to reach a love that is denied.  
I wonder if they know. They loved me well—  
I was the petted youngest of the household band;  
All are at home—safe sheltered in the Fold—  
I, only, all alone and grieving stand."

—H. W. M.

## Burns and Scalds

In nearly every home, burns and scalds of more or less serious character take place during the season when fires indoors and out are a necessity. Many little children, crowding about the mother while working about the stove, or meddling with hot viands in the kitchen, suffer from scalds or burns of different degrees of seriousness, but no matter how slight the hurt, the pain is in about every case intense, and very hard, especially for the little ones, to bear. If the burns are spread over a large surface, or deep, the physician should be summoned at once; but while waiting for his coming, there are many things that may be done to give relief. If the hurt is slight, the pain is just as severe, though circumscribed, and should be attended to just the same. One of the remedies which nearly every pantry contains, is common cooking soda. Wet this into a paste and cover the burnt surface at once; keep it wet by dropping a little water on the cloth

covering it at frequent intervals, until the pain eases. Another very excellent remedy is common cooking lard. This should be applied at once, smearing it thickly over the surface while a paste of flour and lard, as soft as can be handled, is prepared, spread on a cloth, and the burn covered with it. Do not make the paste too stiff. As soon as it begins to crumble (the grease being absorbed by the burned skin) remove and renew the plaster. If it inclines to stick, drop sweet oil, or warmed lard on the cloth over the place that sticks, and this will soften it so it can be removed. Another excellent remedy, though somewhat severe, is equal parts of turpentine and lard, or equal parts of coal oil and lard. The turpentine will ease the suffering, and, in case the coal oil is used, it will draw the fire out, while the lard will prevent the oil blistering.

## Query Box

"A Woman Tax-Payer"—There are now nine states which have given full suffrage to women, and it will not be long before others follow. Arizona, Kansas and Oregon are now added to Colorado, California, Idaho, Utah, Washington and Wyoming.

Housewife—Dates are much cheaper, more wholesome, more nutritious and richer flavored than raisins, and may be substituted for them in cakes, puddings and pies. Be sure to get fresh ones.

A. L.—To remove axle-grease or tar from the hands, as well as to clear the skin of dirt that has been ground into the lines, rub well with fresh, unsalted lard, let the grease stay on a few minutes to soften the dirt, then wash with quite warm water and good soap, rinse well, then dip in vinegar to kill the alkali. The hands will be clean and smooth.

Sufferer—A very excellent home remedy for nasal catarrh is a solution of one teaspoonful of common table salt in half pint of tepid water, into which put one or two drops of carbolic acid (not more) mix well, and snuff a little of the mixture up the nostrils from the hollow of the palm several times a day, and especially at night and on getting up in the morning. This will cleanse and heal. The liquid should be warmed each time used.

New Cook—To make a "chicken dressing" of stale bread without the chicken, soak the pieces of bread in cold milk, or water until soft, then squeeze as dry as you comfortably can, add sage, butter, pepper and salt, and, if you have it, a little finely minced, cooked fresh meat; then bake and baste with melted butter.

"Annoyed"—To remove the musty, or foul odor from the cellar, close all the doors and windows and burn enough sulphur to fill the place with dense fumes. The sulphur fumes are heavy and will sink to the floor; let remain closed a few hours, then open up and air. All germs will be killed, and the walls should be given two coats of fresh lime whitewash; the ceiling the same. Do the work on a windy day that the air may be agitated on opening the cellar.

## Matters of the Toilet

We have frequent requests for information as to the ingredients used in the very widely advertised toilet preparations which promise most wonderful results as remedies. One

of these is a shampoo, and Dr. Wiley, in Good Housekeeping Magazine tells us that Canthrox is almost half soap, and contains twelve per cent of borax and 25 per cent of sodium carbonate (common washing soda.) He says, "It can not be said that it is injurious in the sense that it is poisonous, but it is injurious to the hair in that it is so drying, and removes the oils from the scalp and hair so completely that its continued use can not fail to be disastrous. The dry, fluffy effect, with quick drying, is due to this action on the part of the strong alkali on the natural oil of the scalp and hair, which is so essential to its healthfulness and growth." He further says that in buying this "shampoo," one pays ten times the price of the ingredients, at a modest estimate, for a box of it. A good quality of castile, or ivory soap is better, but soap should not be used frequently on the hair. Egg is better.

Another preparation asked about is given this answer in the Kansas Weekly Capital, through the department conducted by Dr. Crumbine, secretary state board of health: "In answer to a question as to the composition of 'parnotis,' it was indicated that the composition was not known. The writer's attention has since been called to the fact that the department made an analysis of this nostrum, which was published in the May, 1910, Bulletin, as follows: 'Parnotis was found to be bicarbonate of soda and sodium sulphate (glauber salts.)' It seems, therefore, that this product is as big a fake as the other fat-reducing or fat-producing products have been found to be."

In washing the hair with soap, the soap should be shaved fine and enough boiling water poured on it to dissolve it; then, when cold, it must be further reduced with water. Before using on the hair, the hair must be thoroughly wet with clear water so the suds will form. If enough soap is used and the rubbing done properly, all the dust will be loosened and will wash out just as soon as the head is held over the basin. Dry the hair with soft warm towels.

## Bunions and Frost-Bites

After a bunion, or enlarged joint, has become fully established, it can only be cured, or relieved, by discarding and refusing to wear the narrow-soled, pointed shoe. Easy shoes, with wide soles and straight heels will give relief, if anything will, and will prevent bunions forming. Some feet, according to the temperament of the owner, never will develop the enlarged joint, but will show a "straight front," no matter what kind of shoe is worn. Where the deformity exists, besides wearing comfortable shoes, relief may be obtained by spreading thickly with cold cream, or some healing salve before going to bed; but in this case, the bed clothes must be protected from the grease of the cream. It is claimed that a round piece of court plaster, slashed a little at the edges to make it fit down over the enlargement, will keep the plaster or cream in place. A very excellent dressing to relieve the soreness is made of twelve grains of iodine and one ounce of lard, mixed into a salve and applied to the affected parts two or three times a day. If the skin is not broken, the excretion may be painted as often as practical with colorless iodine in fluid state. But whatever is done, the easy shoes must be worn.

For the frosted feet, bathe with equal parts of turpentine and lard mixed to a paste. Do not expect one or two applications to cure; the dressing must be applied two or three times a day before the fire, to help the flesh to absorb it, for some time. Cotton socks are best for the