



# The Home Department

Conducted by  
Helen Watts McKee

## "Speak No Ill"

Nay, speak no ill; a kindly word  
Can never leave a sting behind;  
And, oh! to breath each tale we've  
heard

Is far beneath a noble mind.  
Full oft a better seed is sown  
By cheering thus, the kinder plan,  
For if but little good we know,  
Still let us speak the best we can.

Give me the heart that fain would  
hide;

Would fain another's faults efface;  
How can it pleasure human pride  
To prove humanity but base?  
No, let us reach a higher mood,  
A nobler estimate of man;  
Be earnest in the search for good,  
And speak of all the best we can!

Then speak no ill, but lenient be  
To other's failings, as your own;  
If you're the first a fault to see,  
Be not the first to make it known.  
For life is but a passing day;  
No lip may tell how brief its span;  
Then, for the little time we stay,  
Let's speak of all the best we can.

Words furnished by Mrs. G. O.  
Haws, Provo City, Utah.

Words of other old songs re-  
quested furnished by J. F. Lewis,  
Iowa; Mrs. Charles J. Maher,  
Oregon; Helen Dyer, New York; Mrs.  
E. S. Bixby, Colo.; Mrs. C. F. Stein,  
Florida. For which they will please  
accept thanks.

## Dressing for the Home Eyes

There are many women who re-  
serve all their best garments for the  
eyes outside the home, and while it  
is commendable to be nicely and be-  
comingly dressed when in public,  
there is also a very strong reason  
that you should look your best when  
with the family. It has been harped  
upon continually that a woman  
should "dress for her husband's  
eyes," but there are other eyes in  
the family which it may be as well  
to please. In every home where  
there is one or more children, the  
mother represents the very best in  
the world to them, and it is her atti-  
tude toward things that is recognized  
and imitated. Nothing is sweeter  
than the look of admiration in the  
eyes of the little one when the one  
perfect woman in the world to the  
children puts on some becoming gar-  
ment. The mother who goes about  
the house untidily dressed, with un-  
combed hair and garments gaping  
through carelessness as to repairs,  
"loses cast" with the babies, and  
she can not expect them to keep  
themselves particularly clean—why  
should they? If the mother is neatly  
dressed, the babies will want to be,  
and if she puts on a bright little  
bow with a clean collar, or wears a  
bit of lace in her neck band, the baby  
is sure to notice it with admiring  
eyes. To a child, the mother should  
stand for the most beautiful thing  
known, and she need not dress in  
costly garments to attain to this dis-  
tinction. Just be neat, and make  
herself as presentable as her work  
will admit of—and it will admit of  
a great deal. Don't come to the  
table with frowzed hair, or dress  
open at the neck, or gaping because  
of missing buttons, or with smudges  
on the face and hands, and don't let  
the baby come so, for it is teaching  
it a habit that will be hard to over-  
come in later days. Even a very  
young child can learn to wash itself  
if given a wet cloth before a looking

glass. Don't let it go about with  
its little stockings down about its  
shoe-tops, or its shoes unfastened.  
Better get a simpler breakfast, or  
be a little late, or get up a few  
minutes earlier. Dress for the baby's  
eyes.

## Caring for Aluminum Vessels

Several readers have asked how  
aluminum cooking vessels should be  
cared for, and because of the effects  
of misuse, some are very much dis-  
appointed with the ware. On the  
label attached to every piece of  
aluminum ware sent out by one re-  
liable firm of manufacturers, this is  
stated: "Do not scrape with a knife  
or other sharp instrument; do not  
use lye, ashes, ammonia, or any  
washing powder or soap containing  
free alkali. All of these injure and  
discolor pure aluminum. The use  
of water containing alkalies or iron  
darkens the inside. If by neglect or  
accident, the vessel is covered with  
burnt grease and becomes dark, it  
can be easily cleaned by using four  
tablespoonfuls of oxalic acid crystals  
in a gallon of water, boiling for not  
more than five minutes, then, before  
using, wash carefully with hot water  
and soap." Skillets or frying pans  
of this metal will become as dark as  
sheet iron, if not kept clean. Alu-  
minum does not rust nor corrode, nor  
oxidize in the air or moisture. Vege-  
table acids and vegetable alkali-  
es are said not to dissolve,  
or "eat," pure aluminum, and clean-  
ing it with oxalic acid solution does  
not injure the metal. We are told  
that any foods which have a definite  
acid or alkali character should not  
be left standing in an aluminum ves-  
sel after cooking, though it is not  
positively stated whether such stand-  
ing would develop a poison by at-  
tacking the metal. We should think  
it doubtful. Aluminum vessels for  
cooking are very desirable.

## Drowsiness

One of our readers asks for the  
cause and a remedy for this trouble,  
but there are so many causes for the  
condition that only a physician could  
relieve her, unless she can relieve  
herself, which is sometimes the best  
plan. Ordinary drowsiness is known  
as "sleep-hunger," a protest against  
overwork. Unless it is caused by  
anemia, an infection, or some or-  
ganic disease, it is rarely necessary  
to use drugs; it has been found that  
prolonged action of the muscles and  
nerves produces a poison that causes  
fatigue and the attendant mental de-  
pression, and it is probable that nor-  
mal drowsiness differs from that due  
to disease chiefly in the character of  
the poison that induces it. The  
poisons resulting from indigestion  
and degeneration of the kidneys will  
cause drowsiness, and so will the  
toxins formed by the bacteria in  
acute infectious diseases of children.  
In aged persons, this desire to sleep,  
and the "dozing" when sitting still,  
may, or may not indicate disease;  
but generally not. In many cases,  
the diet is to blame, and chronic  
constipation must be overcome.  
Water should be drunk in order to  
increase the secretions unless the  
kidneys are defective, in which case,  
a physician's advice should be  
sought. Ordinarily, when one is in  
usual health, and still in the active  
years of life, the drowsiness is an  
indication of overwork and bad diet-  
ing and a clogging of the sewers of  
the system. Many mothers are  
simply starving for rest, and it is

just as well to let things go and in-  
dulge in a nap of a few minutes every  
day. The drowsiness that only  
"deadens one," without inducing  
actual sleep even when one gives  
way to it, is usually caused by  
anemia, starved nerves, or a weak  
heart. Try the diet cure, removing  
the obstructions throughout the  
system by suitable exercise, fresh  
air, plenty of water inside and out,  
and pleasant companionship.

## For the House-Mother

For the new baby, this will make  
a useful and pretty garment: Get  
a square of light-weight silk flannel,  
cashmere, or any soft warm wool  
material, embroider all around the  
edges with silk or linen floss, or hem  
neatly, and if you like needle work  
and have the time, work any pretty  
design above the edge. About ten  
or twelve inches from one corner,  
fold the square diagonally and run  
a narrow silk tape along the fold  
as a casing; place another around  
the corner about two inches from  
the edge all the way around. In  
both of these run a silk elastic so as  
to draw it up in hood shape. Place  
a bow of ribbon on top of the draw-  
up corner, and sew ribbon strings  
on the front edge of the lower casing  
for ties, the two casings coming to-  
gether there. This will form a  
pretty cape and hood for light wear.

For the woman whose form is  
bowed with years, or who stoops  
from any cause, rendering the front  
of the body shorter than the round-  
ing back, the back of the waist of  
her dress should have three darts in  
the lining from the belt line to the  
shoulder-blades, and the fullness of  
the bottom of the outer material  
may be disposed of in tiny pleats at  
the belt-line. If the abdomen is  
prominent, as it generally is in such  
figures, one or more darts in the  
front gore of the skirt are a neces-  
sity, and the skirt should be so  
fitted that it will be prevented from  
pulling up because of tightness  
around the hips.

Many women cheat themselves out  
of years of good work and comfort  
by harping on their age. Age has  
little to do with efficiency, and many  
women do better work after they  
are fifty, or even sixty years old,  
than others do at thirty or forty.  
Women, as well as men, begin plan-  
ning for the "dead line" in early  
maturity, and allowing themselves to  
get mentally lazy; others take them  
at their own valuation, and relegate  
them to the chimney corner or hu-  
man "scrap-heap" long before they  
have any necessity to "slow down"  
to decrepitude. Don't begin to mope  
and lose your grip before you have  
to. Think right, and force others to  
recognize that you are still yourself.

## Odds and Ends

For laundering the baby's flannels,  
try tepid water with powdered borax  
and white soap. Dissolve a table-  
spoonful of powdered borax in a pail  
of tepid water, and rub the soiled  
spots with a good white soap, press-  
ing it through another water, using  
the same proportions of borax, and  
when clean, run through a loose  
wringer, or squeeze out as much  
water as possible with the hands,  
then, for woven articles, hang on the  
line where they will not freeze; for  
knit, or crocheted articles, lay loosely  
on a clean cloth in the sunshine,  
or in a warm place to dry without  
"stringing."

White shades for windows can be

made at home, if one has old rollers  
that are not damaged. Get the  
muslin called "Indian head," as  
many yards as your windows call  
for, with enough over to allow for  
hems and tops. Hem one end on the  
sewing machine with a hem wide  
enough to run the stick in at the  
bottom. Tack the other end to the  
roller, just as the other shade was  
tacked, and be sure the muslin is  
straight, else it will not roll true.  
These curtains will last a long time,  
and when they get soiled, remove  
from the roller, take out the stick,  
and launder carefully.

Opaque shades may be taken from  
the roller and turned top to bottom  
when soiled at the bottom; the hem  
should be ripped out, and a new  
hem made on the top end when  
turned to the bottom, so the stick  
will run in easily.

Flannelette is not recommended  
for housewear as dresses, dressing  
sacks or kimonas, as they catch dirt  
so easily, and while not as warm,  
and but little cheaper than many  
wool and cotton mixtures, they are  
never so nice after laundering. Cot-  
ton crepe is much used, and this  
goods need not be ironed when  
washed. A soft quality of flannel,  
even though half cotton, is much to  
be preferred to flannelette.

## Query Box

Mrs. C. V. asks what has become  
of The Query Box. So many quests  
for information required lengthy  
answers that we just turned the  
whole department into an informa-  
tion bureau. Just send in your  
queries, and they shall have atten-  
tion.

"Needle-Worker"—"Fagot" in  
knitting means "over twice and purl  
two together."

Mrs. J. L.—To remove paint from  
window glass, saturate with hot  
vinegar and rub with a silver piece  
of money, or any flat metal that will  
fit close to the surface and scrape  
off the softened paint.

J. M.—It is recommended to dis-  
solve a level tablespoonful of Epsom  
salts in a little water for each eight  
loaves of bread, and add it to the  
dough while mixing it, to prevent the  
souring of the bread after baking.

"Home Seamstress"—If the center  
front of the skirt hangs full, point-  
ing out at the bottom, the other  
breadths need raising at the top.  
Pin the skirt around the hips to hang  
properly at the bottom, then fit the  
top of the side and back breadths to  
the waist line, or belt.

Effie S.—Aromatic vinegar can be  
had at any drug store. Add to one  
quart of this one ounce each of  
spirits of camphor and ammonia, and  
a handful of sea salt; put in a bottle,  
cork tightly and shake well. A few  
spoonfuls of this mixture added to  
each basin of water makes a refresh-  
ing bath. Have the water just warm  
enough to be comfortable.

Mrs. T. M.—Use unsweetened cho-  
colate for dipping creams. To every  
half pound of chocolate add granu-  
lated sugar with a little vanilla ex-  
tract, until sweet enough for the  
taste. Put it on in a double boiler  
and melt without water, but do not  
scorch. Dip the creams in the hot  
melted chocolate, and lay on oiled  
paper when well coated, to harden.

## "Floated Oysters"

M. J. L. asks "What is meant by  
'floated oysters?'" We copy the  
following from an article on Oysters  
by Dr. H. W. Wiley, in Good-House-  
keeping.

"It has been a very common cus-  
tom among those who deal in oysters  
to harvest them from their natural  
beds and then bring them into brack-  
ish water, or water containing less  
salt than that in which they grew.  
It is a well-known principle that if a  
porous membrane separate a salt  
solution from one of fresh water,  
large quantities of the fresh water