



Conducted by  
Helen Watts McKee

# The Home Department

## The Cry of the Toiler

O, God, for a moment of rapturous quiet—  
A day, to steal far from the bustle and riot—  
The want, and the woe, and the strivings of men,  
And dream me the dreams of my childhood again;  
To sit and to gaze at the crimsoning west,  
And live in the light of the rapturous rest.  
O, God, for a moment in days that are long  
And sunken in sorrow and weighted with wrong,  
To turn from the rattle and roar of the strife,  
To dream of the days of the fullness of life;  
One moment, to spare from the striving for gain—  
The rack of unrest, and the longing of pain!  
To stand as of old in the sunlight of love—  
A promise before, and a heaven above;  
One moment to turn to the things undefiled—  
To feel, once again, with the heart of a child.  
One moment to look on the blue of the sky  
That deepens and darkens and fades from the eye;  
To turn 'neath the tollings and burdens of care  
That shift to the shoulders of reeling Despair—  
From secret and sorrow of spirit opprest—  
O, God, but to dream for a moment of rest!

—R. L. Masker.

## Wages of Girls and Women

Here is an item that should be read by every girl or woman who is thinking of trying life in the turmoil of the great cities: 'Reports of women investigators of the working conditions of women in Chicago show that approximately 50,000 Chicago women wage-earners receive \$5 per week or less for their services. This condition of affairs was brought out in investigations made by the senate 'white slave committee,' of which Lieutenant Governor O'Hara is chairman. On this bare stipend, these thousands of women and girls, who are receiving as salary \$5 or less per week, are struggling for existence with practically no relief in sight. These women, living for the most part in furnished rooms, are absolutely underfed, and the greater part of them, it is claimed, do not know what a full meal means. Half of them are living on two meals a day, of the 10 and 15 cent variety. Many of them have to depend for clothing on what cast-off garments others are able to give them.'

This is practically true of women workers in every large city. If the girl or boy who is turning longing eyes toward the city as a place of fun and good wages, would only think of these things, and compare such an existence with the comforts of their farm or village homes, how much better it would be for all! The young people living at home, or in village or farming communities where real want is unknown, may think that \$5 a week is a safe salary; but it would give them a good object lesson if they would count the cost, just for one day, at market prices, of the food they consume. Five dollars

will buy but little at most; but when it must be partitioned out to cover room rent, car fare, laundry, board, and the thousand "little things" that are forever demanding attention, even with the closest economy, they will be astonished. "Economy" to the city wage-worker is a very different thing to that of the farm or village family. Even where several girls or women occupy the same room, and work together, the wages will scarcely cover the expense of necessity. Before me lies a letter received from a woman who wishes to leave the farm for the city, to whom I had written something of the absolutely necessary expense of living in such a place. She at once wrote back to me that she could beat any woman she ever saw stretching a dollar over expenses, and she knew both she and her husband could live well on \$100 a year! That any woman with a particle of common sense would know better than to believe it would cost a man and woman \$500 a year to live in town! This woman owns a small farm; has her own cow, pigs, chickens, garden, orchard and fields; the husband is an invalid, and the fields and meadow land is "let out," while their fruit is sold on the trees. She wants the easy life of the town!

## Damp Walls

During the rainy season now to be expected, many buildings will have damp walls, and this will be very apt to damage any interior decoration that is not waterproof. A very common source of dampness is "drip"; even the small quantity of rainwater falling on a window which after draining down finally drips from the window-sill, has a great tendency to render the wall immediately below that sill damp, as, whenever the wind blows toward the wall, every drop will likely be blown against its wall surface. The drip from a roof not furnished with a gutter, or from a veranda that is too shallow, or from a defective rain-water pipe, is more damaging, owing to the greater quantity, and this source of dampness often remains undetected for a long time, as the place where the water falls against the wall will usually be some distance from that where it escapes. Much of the difficulty is the fault of the builder, for with proper provisions for a free circulation of air about any part of the building, such as hollow walls, openings communicating with cavities or vacant spaces, ventilation under lower floors, and general attention to the proper protection of the walls, much of the trouble can be prevented. In many places where trees are allowed to grow thickly about a building, cutting off the air and sunshine, the dampness and mildew can be removed by a vigorous trimming out of the superabundant shade. The effect of damp walls on interior decorations and house furnishings is by no means the most to be dreaded. It is a serious menace to the health of any one living in the house.

If the danger of dampness is not attended to by the builder, it may be lessened by forming a dry area around the walls, where the lower part of the house is damp, and draining the site of any superfluous moisture. Where feasible, the lower floor may be taken up, a foot or two of the soil removed, and the fresh surface covered with concrete, the floor

relaid, thus a good ventilating channel is obtained, and the moisture prevented from coming in contact with the floor.

## For the Toilet

Nothing is so good for the complexion as good health. There should be no clogging of the bodily sewers; every organ of elimination should be kept active. Keeping these sewers active is better done through dieting than with drugs. Kidneys, bowels, lungs and skin should all do their part in throwing off the effete matter that would otherwise result in poisoning the system. Look well to the dieting; find what is best for you, and then stick to it.

One of the best beautifiers for the skin is oatmeal cream. Put a handful of fine oatmeal in a half pint of hot water; let stand a few hours, then apply to the face with the hand, or a soft cloth, and allow to dry on the face. This will make the roughest skin smooth, as well as help to whiten. It is just as good for the hands. This oatmeal cream is just as effective for rough, chapped hands, as the creams you buy at the druggists, and will cost a very few cents.

For a few months give up tea, coffee, pastry, sweets, salads, and confine yourself to boiled vegetables, green salads, rare meats and if your stomach will stand it, plenty of milk to drink. Eat plenty of spinach and dress the green things with olive oil; take plenty of exercise, breathe deeply, and bathe frequently, and you will find the yellow all washing out of your face and your fretful nerves steadying down until you can really enjoy a good laugh. Drink plenty of pure water of the temperature best suited to your likes. You will find that our best physicians are giving less medicine and more advice than formerly. Some of them are willing to acknowledge that drug doctoring is nine-tenths guesswork.

Many women have an idea that blackheads are a sort of "flesh-worm," but these skin troubles are merely the daily accumulation of dust and grime collected in the pores of the skin, and held there by failure to wash the skin properly. Perspiration is nature's cleanser, and the one whose face is wet with perspiration during hot weather rarely has blackheads, if she uses plenty of water to remove the refuse cast out by the sweat-glands.

## For Men's Wear

To keep the coats and other wear from wrinkling, be sure to have plenty of hangers, which may be had very cheaply, two for five cents, at many stores; but it pays to get good ones. Hooks or nails are often damaging to clothing, besides getting them out of shape. Teach the boys to care for their own clothing. To remove the dust, keep a small cane or rattan beater, and whip them thoroughly; then lay the garment out smoothly on a table and with a hard bristle brush for mud spots, and a soft brush for ordinary use, go over the garment thoroughly until all mud and dust is removed. If the garment could be hung in the hot sun for a few hours before doing this, it would make the cleaning easier. Begin at the top of the garment and brush down.

If the elbows and knees of the pants are "baggy," and out of shape, lay a damp cloth on them and fold

them up for an hour or two; then lay them on the ironing board, or slip a board used for the purpose inside, smooth with the palm of the hand, until they lie flat; cover with a cloth and press with a hot iron until dry. Do not "iron" the garment, but press it; there is a difference. If the collars and elbows are shiny, sponge with a damp cloth and press until dry. If boys were taught to care for their clothes while at home, instead of leaving it for mother or sister, they would find the expense of looking well dressed much lessened when they are thrown on their own resources away from home.

## Hemstitching on the Machine

Several readers have asked for this method, and two dear good readers have just sent these directions in; so we pass them along at once. Measure off the hem wanted, tear off, double the strip, turn in the raw edges; then turn a very narrow hem on the goods. Take paper, fold sixteen thicknesses, put the two edges together, and slip the thicknesses of paper between under the hem. Loosen the top tension of the machine, and proceed to sew as close to the edge as you can stitch, then tear out the paper, pull the goods apart, and you will have the hemstitching.—Mrs. E. C.

Another: Measure the hem as desired, draw four or five threads or as many as desired; turn the raw edge of the hem, and part your hem (measure to fit the goods to keep straight) just as if you were working by hand. Now fold them and goods together, set machine so it will make a short stitch, loosening the tension a very little, then sew very close to the edge, having the drawn threads on top, and part your hem. Sometimes you will have to pull the hem to get it in place. Test on some old goods until you know how. This will look like hand work.—Ella G.

## Keeping Things Clean

Don't forget that the kettles—coffee, tea, and water, must all be cleaned as often as the other cooking kettles. Fill the coffee or tea pots nearly full of warm, or boiling water, and add to each kettle two heaping tablespoonfuls of saleratus; let boil for twenty minutes, then pour the water out, wash well with clear warm water, and find out the difference. The tea kettle must be washed, and use the saleratus in this also. Many people do not regard these kettles as cooking vessels, and rarely take the trouble to wash them out.

For milk or butter things, the use of soda is excellent. It will soften the dish water, and cleanse and sweeten the dishes.

For the wringer rollers, use coal oil; it will keep them clean. For nickel-plated copper or other ware, clean with a rag moistened with coal oil, then polish with soft cloth or tissue paper. Will remove smoke stains from cooking vessels.

## Query Box

Mrs. H. S.—Wishes directions for making a floor paint with glue. Will somebody who knows, give directions?

Mrs. F. W., Washington—We can not use clippings in our Home pages, unless telling of something very helpful to our readers.

Emma S.—Get the catalogues of reliable florists, and you will find about whatever you want; if not, write to the florist.

C. F. M., Iowa—It will probably be best for us to let the world take care of its people. Matters adjust themselves in time, to better advantage than if we tried to help straighten them.

Mrs. M. B., Kansas—Both the Chinese bellflower (*Abutilon*) and Trumpet creeper (*Bignonia radicans*),