



# The Home Department

Conducted by  
Helen Watts McKee

## Between the Days

Between the days, the weary days,  
He drops the darkness and the dews;  
O'er tired eyes His hands He lays,  
And strength and hope and life renews—  
Thank God for rest between the days!

Else, who could bear the battle stress,  
Or who withstand the tempest's shocks?

Who tread the dreary wilderness  
Among the pitfalls and the rocks,  
Came not the night with folded flocks?

The white light scorches, and the plain  
Stretches before us, parched with heat;  
But bye-and-bye, the fierce beams wane;  
And lo, the nightfall, cool and sweet,  
With dews to bathe our aching feet!

For He "remembereth our frame";  
And for this good I render praise;  
O, tender Master, slow to blame  
The falterer on life's stormy ways,  
Abide with us between the days!

—Sacred Heart Review.

## "Merry Christmas"

Do you remember it—the long-gone Christmas when father, mother and the children, with maybe a relative or two to help make the meeting more joyous and complete? Whether there was a tree, or no, the joy was unconfined, and the gifts many; the stockings were filled, and the supply of nuts and candy seemed limitless. The wreaths of evergreen, the holly and the sprig of mistletoe, the festive appearance of everything inside and out of this simple old home. In those long-gone days, the children settled about the old home, in the near neighborhood, or not far distant, and the joyous gathering was at one or other of the home households, usually with the parents.

Did you ever have the supreme pleasure of watching the cooks beat up the cakes with the joyous certainty that you were to be allowed to "lick the spoon"? To scrape out the pan? To help with the raisins? These were the privileges greatly coveted by the little ones, and often by the adults, for the spoon and pan were well worth licking when cakes were made at home of home products.

The scrap of mistletoe was especially valued, though often hard to get. For every day before the New Year that mistletoe hung in the house it was prophesied that good luck would come to its threshold throughout the months of the year. The smallest scrap would serve to secure the blessing, and it should be hung over the door, or from the chandelier.

As to the "bill of fare," it is not the eating of the food that brings the joy, but the presence and magnetism of those we love and have gath-

ered about us. Dean Swift said, "A fig for your bill of fare! Show me your bill of company." The very wine of life, and the highest interests of civilization depend largely upon such human intercourse and companionship, and the "dinner of herbs" will be "food fit for the gods," if only love and confidence be the server of it. We wish you each and all a happy Home Christmas.

## For Holiday Visiting

In the first place, be sure you will be welcomed, and this can be reasonably well learned by, if not invited, writing, asking your hoped-for hostess if a visit of a certain length of time, at a certain date will not inconvenience her, or break into her own arrangements. Always give the length of your expected stay, and when the limit expires, go, no matter how much you may be urged to stay. Often the urging is a mere matter of form, when really, if you overstay your limit, you may overtax the hospitality of your hostess.

Don't stay too long; it is bad enough to break into the life of the family even for a day or two. Conform absolutely to the household arrangements, as to rising in the morning, going to meal and retiring. Do not keep the family waiting when going for drives, or excursions; take your own toilet supplies, soap, towels, brushes, wash cloths, combs, pins and a few needless bits of thread for mending possible rips and tears of the moment. Do not suggest amusements or entertainments, unless asked to, and then be very conservative, following the lead of others, rather than leading. Show that you enjoy the efforts made to entertain you, even though you do not specially enjoy the entertainment offered, and enter heartily into the social plans of the family. Don't expect to be entertained every moment of your stay; or to entertain others. Every one appreciates a rest now and then. If your hostess does her own work, offer to help her; but do not urge your services, as many housewives, being accustomed to working alone, find it extremely discomforting to have another "pottering about" her domain. If little differences arise among the members of the family, do not show that it is observable, and if asked to take sides in any disturbance of the family serenity, rather pour oil on the troubled waters by tactfully turning the subject as soon as possible. Offer to pay for any little incidental expenses caused by your visit; but merely offer—it is rude to insist.

## Christmas Decorations

Where for any reason the usual tinsels and pretty colored trifles usually made use of at Christmas time cannot be obtained, it is well to set the wits at work and plan something as original as possible. Card-board from boxes, with colored, or crepe paper, or the gay Japanese napkins, lend themselves admirably to decorative purposes, and the crepe papers can be had in all colors. Home-made candies are more wholesome than most of the store candy, and the old-fashioned molasses taffy is the only kind that will give absolute satisfaction at the old-fashioned candy pulling, which is a never-failing source of fun, to both old and young. The nuts, from the home forest, the fruits from the orchard,

are but a few of the things that may contribute to the decorative features of the season. Remember, it is not the expensive setting, but the spirit of love that rules the season. Make of the season one of hopeful happiness, and the tinsels will never be missed.

## Caring for Potted Plants

Plants both feed and breathe through the foliage, and should frequently be thoroughly sprinkled to remove the dust. The thick-leaved kind may have each leaf washed. The pots must also be cleaned, and if there should be a green mossy growth over the top of the soil, it should be removed with as much of the soil as can be taken without disturbing the roots, and rich, fresh soil should replace it. Should you have the misfortune to get your plants frosted, remove them to a dark room or cellar and shower them well with cold water; leave them in the cool darkness until the frost is out. Many plants may be saved by this treatment, unless too badly frosted or frozen. If dust is allowed to collect on the leaves of the rubber plant, it clogs the pores and shuts off part of the air, and the plant suffers for the deprivation. The rubber plant needs water whenever the soil begins to show dryness, and while the soil must not be soaking wet all the time, the plant is very fond of water. A rubber plant likes a temperature of not less than fifty degrees Fahrenheit; the air of the average living room will not get too really hot for the plant if it is given a drink whenever it is needed. If you have running water, it is a good plan to spray the plants and thoroughly wet and wash the leaves and stems.

Many bulbs may yet be potted for early blooming in the spring, and bulbs may be planted outside so long as the ground does not freeze in the north. Later than December is usually too late for the bulbs to grow satisfactorily, as being too long out of the ground causes the bulb to deteriorate in vitality.

Baby palms should be potted in the spring or summer; but if ordered and received in good condition in the fall, they can be cared for; they will hardly make much growth until the early days of the year, however, if potted in winter.

## Accuracy of Measurements

In our November Home department, a recipe for putting down sausage for use in summertime was given. As the lady who sent the directions strongly recommended it, we used it. A complaint has just reached us from a good friend who has the welfare of others at heart, telling us that she spoilt her sausage by following the directions, because of the excessive amount of salt recommended, and she suggests that the directions be corrected that others may not have the bad luck she had. She also suggests that those sending in recipes or formulas be very careful to give right measurements. Looking up the recipe we find the types to say one teacupful of salt (8 ounces) is to be used with fifteen pounds of meat. It should have read one-half teacupful (4 ounces), which is the proportion generally given for all pork sausage. Sausage to be kept for summer use should be a little stronger of salt than that to be used during cold weather, but not as salt as the type

called for. Pepper may be used; but sage is apt to give a strong flavor, and many good cooks recommend that it be omitted. Sometimes the proportions are given correctly, but because of careless writing by the sender, or careless reading by the type-setter, a letter, word, phrase or sentence is omitted or changed, giving an entirely different proportion and spoiling the effect of the mixture. Before using any directions from the printed page, one should carefully study proportions advised, and in the matter of seasoning, try a small quantity at first, increasing the amount as necessary. The amount of salt used by various cooks differ; but a safe proportion for the sausage meat is four or five tablespoonfuls of salt to ten pounds of meat, if to be used during the winter. If for summer use, a half teacupful (eight tablespoonfuls) is not too much for fifteen pounds.

## "When Doctors Disagree"

In a recent item, it was stated that it is recommended to cook an egg instead of eating it raw, as the stomach must coagulate the egg anyway, and the previous cooking would aid the stomach. One of our good friends says the idea is wrong, and that physicians are teaching exactly the contrary, and are feeding consumptive patients the raw egg, especially the raw white. They teach that the coagulated white of egg is absolutely indigestible; that the raw white or raw yolk, either, will digest in five minutes; the cooked yolk will digest in one hour, and the cooked white will not digest at all. They teach that the raw white may be used as the greatest recuperative food in existence. Our friend adds that this correction is made for the benefit of all, and we thank him for his interest. The matter referred to was

## BETTER POSITION

And Increased Salary as a Result of Eating Right Food.

There is not only comfort in eating food that nourishes brain and body but sometimes it helps a lot in increasing one's salary.

A Kansas school teacher tells an interesting experience. She says:

"About two years ago I was extremely miserable from a nervousness that had been coming on for some time. Any sudden noise was actually painful to me and my nights were made miserable by horrible nightmare.

"I was losing flesh all the time and at last was obliged to give up the school I was teaching and go home.

"Mother put me to bed and sent for the doctor. I was so nervous the cotton sheets gave me a chill and they put me in woolens. The medicine I took did me no apparent good. Finally, a neighbor suggested that Grape-Nuts might be good for me to eat. I had never heard of this food, but the name sounded good so I decided to try it.

"I began to eat Grape-Nuts and soon found my reserve energy growing so that in a short time I was filling a better position and drawing a larger salary that I had ever done before.

"As I see little children playing around me and enter into their games I wonder if I am the same teacher of whom, two years ago, the children spoke as 'ugly old thing.'

"Grape-Nuts food with cream has become a regular part of my diet, and I have not been sick a day in the past two years." Name given by Postum Co., Battle Creek, Mich. Read, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



**AMERICAN DARK CHASER**

400 candle power in a hand lantern is something never heard of before. Costs less than 25 cent per hour. Will illuminate the barn yard as bright as day. Perfectly safe to take into the barn or hay-mow. Unbreakable chimney. Will not blow out. Fully guaranteed. Write for circulars and prices. Agents wanted.

AMERICAN GAS MACHINE CO.,  
353 Clark St., Albert Lea, Minn.