



# The Home Department

Conducted by  
Helen Watts McKee

## Women the World Over

"The bravest battle that ever was fought—

Shall I tell you where and when?  
On the maps of the world you will find it not;

'Twas fought by the mothers of men.

No marshaling troop, no bivouac song,

No banner to gleam and wave;  
But, oh, these battles, they last so long!

From Babyhood to the grave."

—Selected.

Senator Sherman of Illinois, said:  
"If I had lived in the days of the civil war, and had worn either a gray or a blue uniform, I should rather have carried a confederate or union musket than have been the woman who stayed at home and waited for news from the far line of battle, or of the hospital's wasting breath."

## "Building Air-Castles"

They are not always bad things to build. If we never plan ahead we shall never get ahead, and it is just as well to look the future in the face, hopefully. One of the things to do, these long evenings, is to study the catalogues—not only the seeds and plants, but of garden and farm and house implements. Send for them now, and the carrier will hand them to you in a very short time. If you want to have plenty of good things to eat next winter, to reduce the cost of living, look out for the canning outfits; read them up, and see what the makers offer. Write to your agricultural editor, and ask him for the names of reliable firms, if none advertise with him; then, study the seedsman's catalogues and all the farm bulletins you can gather up, treating on the subject of gardening and fruit raising. Get your state board of agriculture to send you bulletins that are to be had, and get the bulletins of the experiment stations. Inform yourself thoroughly. Gather up a few of your neighbors and organize "house parties," if you cannot have a hall or public meeting place, and discuss matters; ask questions, listen to experience, and compare methods. This applies to the husband, wife, and boys and girls; every one should be interested. Do not fail to read the agricultural papers, and ask questions of your agricultural editor. He will be glad to answer your questions, and if he doubts his own ability, he will open up a mine of information by submitting the questions to other readers. Those who have tried the canning outfits speak well of them, and every farm garden has a surplus after the table is supplied. The home cannery will turn the surplus into money, be it of orchard, garden or field. You may not "come out ahead," the first season, for you must learn many things, and you will have to spend some money; but if you just get down to business, and make a business of it, you will find you have at least enough to more than supply your own "castle." Don't promise "some other time," but, right now!

## For the House Plants

We are told there is an extract of tobacco on the market which is sure death to the plant aphid—green fly on the house plants. A very small

quantity of this concentrated extract when added to water and sprayed over the foliage will destroy the insect thoroughly without any of the disagreeable features of the old style "tobacco tea" or smoke. A spoonful in a small pail of water will be strong enough, and it can be applied with a sprayer, getting the solution on all sides of the foliage. The plant may be submerged in the solution, and care should be taken to have every part of the plant wet with the water in order that no aphid shall escape.

The red spider will cause the leaves of your plant to curl up and look as though it were scorched; the insect is too small to be much in evidence but their presence is readily detected by their effect. Clear water, plenty of it, is the cure; sprinkling, spraying, syringing, or immersing; be sure the underside of the leaves are wet, as well as the top. A moist atmosphere is the best antidote.

About once a week let your plants get rather dry, and then give them a thorough watering with weak manure water, made from well-rotted barnyard manure; sheep manure is excellent for this purpose. The water should not be strong—about the color of weak tea. This manure water should be given only to growing plants. It is no use to feed a dormant plant but as soon as growth begins, use the fertilizer sparingly.

Be sure to have good drainage; if the soil in the pots is kept too wet, or the drainage allowed to become clogged, the plant suffers; nothing but aquatics like wet feet, and even these resent sour, stagnant foot baths. Water the plants always in the morning, and only on bright days, if the weather is cold.

## A Broken Pump Chain

Somebody asks how to put a chain, that has slipped off, back on the pump. Away in the past, we used a "chain pump," and an old gentleman has just told me how the work is done. First remove the pump; then set the lower end of the tubing to the opposite side of cistern; then put a sinker on a line long enough to reach the bottom of the cistern and return to the top; binder twine will do. Drop the line with the sinker on the end down through the tubing; then set the bottom of tubing back where it belongs; then with a hook pick up the end of the line with the sinker, draw it up, attach the proper end of the chain to it and draw up through the tubing; replace the pump, fasten the chain, and the work is done.

## Dresses for Girls

Whatever may be said for or against the styles for women, the girl was never more becomingly or simply dressed than at the present time. The straight-hanging, slightly long waisted frocks are very suitable for the girl up to twelve or thirteen years old, and after that age, when she springs up into a tall slim figure, the new jumper dresses are the very best styles for her. Although they are also worn by her grown up sister, they have a decidedly youthful appearance, and for the between age, nothing is more becoming. After this age, the girl does not wish to be too suddenly put into women's clothes, but by keeping the girlish note in the misses styles, the younger girl can be dressed as prettily as need be. For the tall, too slim girl, the

"tier" skirts are suitable, as they take away a little of the awkward height of the most awkward age. There is no end of girlish patterns, both in style of make and of material, for the growing girl, and it only needs that care be taken to dress the girl according to proportions and development, for which one cannot give hard and fast rules, as one girl matures much more rapidly in size, height and actions, than another.

For the slender child, the Gibson tuck gives breadth of body; the body and skirt may be in one piece, with one seam sleeve, at whatever length is liked best. For the very small girl, styles suggestive of founcing and hemstitched materials, with the lower edge straight, the yoke square or round, is one of the fashions that seem never to change.

## The "Roomer's" Window Safe

Where one has but one room, which is always kept warm and in use, a supplementary pantry will add to the conveniences and the space at the disposal of the housekeeper. It can be made of a pine box, of desirable size, or of smoothly planed boards, cut and joined by the home carpenter, and fitted into the lower part of the window frame. Several shelves may be added, if the box is large enough; the box should have three sides and a sloping roof to turn the water off. One side of the box for the floor; one side for the outer side, and the other side for the roof, while the side next the window glass is protected by the window sash itself, which will also serve as a door, raising or lowering as one may wish. Several holes may be bored in the sides for ventilation, and these should have screen wire tacked over them. The box should be securely fastened to the wall or windowsill with projecting iron brackets and a north window is the one to be used, though in a sheltered place, an east window may be used. While it is convenient during the hot months for storing supplies that are not quickly affected by heat its main use is for the fall and spring months, or even all the winter time when the weather is not too cold. Many perishable stuffs can be kept in the window box safely during the night time in summer, if taken inside early in the morning before the heat affects it.

## A Supply of Bedding

Now is a good time to renew the supply of bedding, and with goods as cheap as they are now, and remnants so plentiful and suitable, one should lay in the materials which, if busy at the moment, can be made up later on, and through the summer days. White bedspreads should be used, as they protect the quilts, and are easily washed.

## Query Box

J. L.—Any postmaster should be able to direct you to the source of information about parcel post matters.

Mrs. W. N.—The cure for bed-wetting referred to has not proven satisfactory. Best advise with your family physician.

E. S.—Unbleached muslin will wear longer than the bleached and wash easier. Yard-wide muslin is wide enough for children's gowns, but for sheets, there is a special

width, according to the size of your bed. For pillow slips, forty-two inches is a good width.

L. L.—The length of a sheet may be either two and one-half yards or a few inches shorter; but it should be long enough to tuck under at both head and foot.

Mrs. C.—Make a protector for the mattress of thin sheeting lined as you would a comfort, with cotton batting, and tied with cotton twine, like a comfort.

K. M.—To remove the shine from black cloth, rub it with a piece of flannel dipped in turpentine, and then hang the garment outdoors until the disagreeable odor is evaporated.

Dismayed—To remove the ink stains, soak in sour milk, then wash out with strong suds made with castile soap. If not removed at once, it is hard to get the stain out. To set the blue color, soak in a strong solution of salt and water—three gills of salt to three gallons of water will do.

Mrs. C.—Try soaking the colored fabrics in a solution of one pint of salt to one gallon of water, before wetting the first time. Let lie in the solution about one hour. This will usually set almost any color in cotton or linen goods.

J. D.—Common yellow beeswax can be had of the grocer, druggist, or paintshop, and is the very best for use in the laundry. It is made from the comb of bees honey.

## Requested Recipes

Muffins—Separate the whites and yolks of two eggs; beat the yolks lightly; add one cupful of milk and half a teaspoonful of salt; measure a cup and a half of flour, and add three level teaspoonfuls of baking powder and sift together; add this to

## SCHOOL TEACHERS

### Also Have Things to Learn.

"For many years I had used coffee and refused to be convinced of its bad effects upon the human system," writes a veteran school teacher.

"Ten years ago I was obliged to give up my much-loved work in the public schools after years of continuous labor. I had developed a well-defined case of chronic coffee poisoning.

"The troubles were constipation, flutterings of the heart, thumping in the top of my head and various parts of my body, twitching of my limbs, shaking of my head and, at times after exertion, a general 'gone' feeling, with a toper's desire for very strong coffee. I was a nervous wreck for years.

"A short time ago friends came to visit us and they brought a package of Postum with them, and urged me to try it. I was prejudiced because some years back I had drunk a cup of weak, tasteless stuff called Postum which I did not like at all.

"This time, however, my friend made the Postum according to directions on the package, and it won me. Soon I found myself improving in a most decided fashion.

"The odor of boiling coffee no longer tempts me. I am so greatly benefited by Postum that if I continue to improve as I am now, I'll begin to think I have found the Fountain of Perpetual Youth. This is no fancy letter but stubborn facts which I am glad to make known."

Name given by Postum Co., Battle Creek, Mich. Write for a copy of "The Road to Wellville."

Postum now comes in two forms:  
**Regular Postum**—must be well boiled.

**Instant Postum**—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar makes a delicious beverage instantly. Grocers sell both kinds.

"There's a Reason" for Postum.