



The Home Department

Conducted by Helen Watts McKee

Arcady

Where is the road to Arcady,
Where is the path that leads to peace,
Where shall I find the bliss to be,
Where shall the weary wanderings cease?
These are the questions that come to me,
Where is the road to Arcady?
Is there a mystic time and place
To which some day shall the traveler fare,
Where there is never a frowning face
And never a burden hard to bear,
Where we as children shall romp and race?
Is there a mystic time and place?
For Arcady is an earthly sphere
Where only the gentlest breezes blow,
A port of rest for the weary here,
Where the velvet grass and the clover grow.
I question oft, is it far or near?
For Arcady is an earthly sphere.

And the answer comes; it is very near,
It's there at the end of a little street,
Where your children's voices are ringing clear
And you catch the patter of little feet.
Where is the spot that is never drear?
And the answer comes—it is very near.
For each man buildeth his Arcady,
And each man fashions his Port of Rest;
And never shall earth spot brighter be
Than the little home that with peace is blessed.
So seek it not over the land and sea,
For each man buildeth his Arcady.
—Edgar A. Guest, in Detroit Free Press.

"The Passing of the Home"

We hear and read a great deal of nonsense about the "passing of the home," the "shirking of the duties of the home" by womankind who are every day turning their tired shoulders away from the endless drudgery and hopeless servitude of the so-called "houseworker." It is hurled at us from the pulpit, from the lecture platform, from the printing press, and our "men folks" are never tired of telling what "mother" used to do. But women go right on, hunting jobs in the shops, stores, offices, factories, or crowding into boarding houses, apartments, rooms, or family hotels. And down in our hearts, every one of us are home-makers and home-keepers. There is nothing we love so well, or long for so intensely. But we just don't like the drudgery! We do like to be clean! We like clean rooms, and clean and dainty served foods, and we know that it is our right to have them. There is a reason for all this, and no amount of preaching, lecturing, or ink-slinging, or nagging will ever force us back willingly into the old-time "duties" of the past, when we see on every hand the new laws of life, the thousands of new devices, the numberless helps and labor-savers with which the markets are flooded. With the modern inventions staring us in the face, demonstrating on every hand the

ease and beauty of real house-keeping, women are going more and more half-heartedly out of the shelter of the home; but she is surely going; and not until the home, or place of abode is made as attractive as are the factories and other work places, will the intelligent women of today lay down her mutinous rebellion against the unnecessary dirt and slavery of housekeeping; for it is slavery, and no woman can conscientiously say she revels in scooping up dirt with her two hands. The remedy for all this is to furnish the home with the modern inventions which have borne the test of repeated trials. No artisan will attempt to do the work required of him without the proper tools, and women are now coming into their own; they realize that there are easier methods of doing the old duties, and as soon as these needs are recognized, and the home work-room stocked properly, the home will keep the woman. Not before.

Our Winter Garments

It will soon be time to put away the heavier garments which may be worn again next season, and it will pay to put them away properly. The first thing to be done is to see that the garments are clean, free from grease spots and dust; air thoroughly on a bright warm day, and if the wind happens to be blowing gently, so much the better. Nothing is surer death to germs and bugs than bright, clear, hot sunshine. Brush the goods thoroughly as the fabrics may allow, and watch for any spots; these may be removed by some one of the cleaning agencies, such as naphtha, gasoline, French chalk, and in some cases, sponging with clear soap and water, afterwards sponging out all traces of soap.

Sticky spots must be sponged out; if possible use for the cleaning only a cloth of the same material of the garment. If the garments are thoroughly freed from dust and all spots cleaned, and then put away properly before the moth gets in its work, there is little danger of their ravages for it is not the moth that does the mischief, but the eggs they are permitted to deposit which hatch and the larva feeds on the material. No amount of disinfectants will kill the moth eggs. Every inch of fur garments should be thoroughly inspected and some recommend the use of a fine-toothed comb, doing the combing very gently. The loosened eggs should come out entirely when the garment is well beaten out of doors.

Do not delay putting the furs away until the moth season commences. Everything in the way of woolens or furs or hair goods must be put into wrappings or closely-fitted bags, with every aperture closed so that the tiny mother moth cannot get inside. If put into trunks or bags, or boxes, they should not be hidden away in dark corners, and several times during the summer months they should be taken out and given a thorough airing and sunning, beating them gently and examining them closely. Remember, if the moth cannot get into the garment, there will be no eggs or larva.

House Cleaning Time

In many localities the spring house cleaning is well under way, while in others it is just commencing, or will not be begun for a month or more to

come. But wherever there is a family, of even one member, the first days of spring awakens a longing for clean things, and every bright ray of spring sunshine shows to the tidiest of housewives, no matter where situated, the absolute necessity of "getting down to business." A few years ago, the housewife found the regular semi-annual upheaval one of the most arduous of tasks; but with the introduction of the many labor-saving devices, "old things have passed away," and it is no longer the hard, unpleasant drudgery that our mothers knew. Our women are constantly reaching out for these new discoveries, and gathering up tools especially designed for the home work, which means actual cleanliness, not merely a shifting of the dust and dirt from place to place. With the coming of the vacuum cleaner, which is now getting cheap enough for even a slim purse, the dirt and dust is sucked up from carpets, bedding, clothing, hangings and corners of every kind, and taken out of the house, leaving no dust to settle back as soon as the broom and dust rag are laid aside.

There are many hand vacuum cleaners to be had which do the work well were the cleaner run by a motor is not available. For the housewife who cannot avail herself of electric devices, these hand cleaners are to be had at a cost of from \$8 to \$25, and often as low as five dollars, for the small family. The dust is drawn up into the cleaner, and can be carried out of the room. There are vacuum cleaners which only gather the dust, but do not take up the lint, and these are not economical, as a carpet sweeper is also needed. There are dustless dusters that really carry out the dust from the furniture and mops that do not call for splashing of water; there are liquid polishers, and a vegetable oil that is used with a mop, keeping the floors clean and bright. The housewife should have the right tools. Men will not work, or be allowed to undertake a job, without proper tools, and housework would never be the drudgery it is, if women were supplied with the mechanical helps so very necessary to her work.

To Remind You

If you want fresh herbs for seasoning the dishes for your family, you should send for seeds, or plants, and have them in your garden. If the garden is of the "pocket-handkerchief" type, so much the more need for you to have just the few things you cannot buy, and one of these is the fresh-gathered flavoring herbs and vegetables. When you are planting, plant enough to have them dried and of the best, for use during winter. Did you ever have to use the "store" sage, or other "seasoning?"

If you are handy with tools, you can save a lot of money by making the "little helps" in the way of garden or field implements in your spare time. There is always some spare time, and if you have a shop, however small, with a few good tools, which you teach the boys and girls to use carefully, you have no idea how much "rest" you can get by spending a little time there is doing little interesting stunts in the mechanical line. If you have no shop, or tools, make arrangements to have them, and don't go over to your neighbors to do little jobs at his ex-

pense, when you should have the "means to the end" yourself. Learn not to borrow, and teach the same lesson to your children. Depend on yourselves, not others.

Do give the boys and girls a few hours each day for themselves, and see how much better they will do the work you set them at for the good of the family. Let them share your plans, and tell them the "why" of things. Get them interested and make it worth their while. Give them books and papers suited to their needs and tastes, and if you take advantage of the clubbing rates offered, you will get the maximum amount of literature for the minimum amount of money. Get them a graphophone, if you cannot get something more costly, but no better. If they ruin one, they will be more careful of the next. They can be had at small cost, or as high-priced as you care to pay for. Make the home life attractive, and keep them off the streets.

Garden Notes

Where one is compelled to start plants in shallow seed pans in the sunny windows, egg shells can be made very useful by taking each half shell, pricking a hole in the end of each one, then filling them with soil in which two or three seeds may be planted. When it is time for transplanting, the shell can be broken away from about the soil, and the plant set in the border or garden without disturbing the roots. Of course, watering properly should be attended to. Too much water will ruin the plant, but the soil should be kept reasonably moist.

Egg plant was introduced from Africa, and is sometimes called the guinea squash; it is coming more and more into favor, but requires care in starting. The young plants are started very early in a hot bed, and when two inches high transplanted into a second hot bed, and must not be put out in the garden until all danger of frost is over. A few plants may be started in the

NEW LIFE

Found in Change to Right Food.

After one suffers for months from acid dyspepsia, sour stomach, and then finds the remedy is in getting the right kind of food, it is something to speak about.

A New York lady and her young son had such an experience and she wants others to know how to get relief. She writes:

"For about fifteen months my little boy and myself had suffered with sour stomach. We were unable to retain much of anything we ate.

"After suffering in this way for so long I decided to consult a specialist in stomach diseases. Instead of prescribing drugs, he put us both on Grape-Nuts and we began to improve immediately.

"It was the key to a new life. I found we had been eating too much heavy food which we could not digest. In a few weeks after commencing Grape-Nuts, I was able to do my house work. I wake in the morning with a clear head and feel rested and have no sour stomach. My boy sleeps well and wakes with a laugh.

"We have regained our lost weight and continue to eat Grape-Nuts for both the morning and evening meals. We are well and happy and owe it to Grape-Nuts."

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.