



The Home Department

Conducted by
Helen Watts McKee

Friendship

(The following poem was called for last July, and is now sent in by W. B. Stone, of California, who has kindly transcribed it from memory. The name of the author is not recalled, as it is an old song, sung by the sender about sixty-five years ago, and he thinks it was published in a song-book called "The Odeon." Mr. Stone tells us he is now eighty-one years old, and that both himself and wife are admiring readers of The Commoner, fully endorsing the views of Mr. Wm. J. Bryan, our editor.)

O, it is not while riches and splendor surround us

That friendship and friends can be put to the test;

'Tis but when affliction's cold presence has bound us,

We find which the hearts are that love us the best.

For friends will fawn at fortune's dawn,

While the breeze and the tide waft us steadily on;

But when sorrow o'ertakes us, each false friend forsakes us,

And leaves us to sink or to struggle alone.

And though on love's altar, the flame that is glowing

Be brighter, still friendship is steadier far;

One wavers and turns with each breeze that is blowing,

And is but a meteor—the other's a star.

In youth love's light burns warm and bright,

But it dies ere the winter of age be past;

While friendship's flame burns ever the same,

And glows but the brighter, the nearer its last.

The Home Garden

Are you interested in the work the Girls' and Boys' clubs are doing? It has not been so very long since the garden was not supposed to be much of a money-maker, and it was thought that one had to have acres, and many of them, and high-priced machinery, together with a motor power supplied by horses or mules, or both. But the girls and boys are proving that there is money to be made, and plenty of it, at home on the farm. In most instances, the size of the garden they cultivated has been very small, but it has shown what can be done with a few feet, an acre, or five, or ten acres, with very little machinery and only a small amount of horse power. In fact, a good share of the success they have attained has been more the result of brain power than horse power. They have proven that there is a competence to be made from the ground, and they are teaching the old folks some very valuable lessons. The garden has always been a money-maker, in being a money-saver, even though "garden truck" has not been thought much of by the farmer himself. If the farmer had been compelled to pay for every green leaf, every edible root, every bit of fruit, he would not have lived so luxuriously, or had much to show for his field crops at the end of the season. The garden, or a pretense of one, has usually been only such as the worn-out mother could cultivate with the help

of her babies, and at the few moments she managed to pinch out from the housework, sewing, and the thousand other duties she patiently handled. So, until of late, it has not been looked upon as anything very valuable. If the farm family were compelled to live as the mechanic, or wage earner, everything depending on the few nickels that can be spared for the vegetable stalls or the huckster, they would soon realize the loss they had sustained. It is now fully the time to plan for the family garden, and it is to be hoped that the farmer will profit by the lessons the boys and girls are teaching him, and make the garden spot one of the best and most prolific on the farm.

For the Sewing Room

Of course you are interested in the fashions, the styles of garments to be worn the coming season, and if you will study our fashion page, you will see a great deal that will interest you. You will see that there are many radical changes, and many of them show a degree of sense that the freak fashions of the past year or two have sadly lacked. In the new garments, waist and skirt may be of one material or two, and the one-piece dress is hailed with much pleasure by the woman who has had so much trouble keeping waist and skirt together. Many of the blouses are simple and plain, and the home seamstress will have little difficulty in making the garment. Many of the blouses and waists have high collars, and well fitting sleeves, with easy, neat-looking arm holes. The general air of slouchiness that has characterized so much of the clothing of late is slowly giving way to a neat and well fitting class of garments. The skirts are rather short and full, and the waists have high collars, long, close-fitting and set in sleeves, and it is predicted that by spring, the narrow, tight-fitting skirts will be entirely replaced by the plaited and circular designs. The low collars are not banished entirely, for there are many women who can not wear with comfort the high, upstanding neck piece. The new fashions offer opportunity for economy in combining contrasting materials, and making over out-of-date garments that would otherwise be wasted.

A Necessity of the Household

Among the real necessities that every woman should have, is the carpet sweeper. Perhaps I should have used the plural of the word, necessity, and included among the indispensables, the vacuum cleaner as well. These two wonderful helps are by no means in common use, and many women have never seen either of them, much less, used them, and think a broom is "just as good." A woman broom-wielder is a dirty woman, and wield it as carefully as she may, she leaves a dirty house behind her work. The broom raises the dust, and collects the dirt, but, unless every door and window is open and a stiff breeze blowing through, the dirt simply settles back, and everything has to be gone over with a dust cloth, or some such device for gathering it up again. The broom does not gather the dust; it simply moves it; but the sweeper will gather all the dust, lint, hair, threads, ravelings, dirt, and debris every time it is run over the surface of the rug or carpet. The vacuum cleaner will

then take all the dust out of the carpet, and it will be clean.

A good sweeper will cost about \$2.50, and will last many years. Every time it is used, the sweeper should be cleaned—emptied of the collection of dust and dirt, threads, hair, ravelings, scraps of paper, and other litter lying on the surface of the rug, or carpet, and such as twine about its wheels should be cut off and removed. The bearings should be oiled occasionally, and the brush set to gather the maximum of dirt. If the brush becomes worn, a new one can be bought at small cost. When sweeping the rug, turn back one side of it and clean the floor underneath with a dry mop, or one of the oiled mops that can be had cheaply, and thus remove the dust and dirt from the floor. Then run the sweeper over the underside of the carpet that is turned up, and when that is clean, turn the other side back in the same way and clean as you did the first side. In this way, you have removed all the loose dirt and dust without raising it to lodge elsewhere, and you must go over the upper side in the same way.

Now, if you want to know how really dirty the rug or carpet is, after you think it is clean, just go over the carpet or rug with the vacuum cleaner. This will remove the dirt from among the threads of the rug, and you will be astonished at the amount.

It is better, if one is not strong, to have the sweeper and the cleaner separate, as when combined, the machine is heavy and will soon wear one's strength. The sweeper will take the dust and dirt off the carpet, and the cleaner will take it out of the carpet. There are vacuum cleaners that can be run by hand, and the weight of these is usually about nine or ten pounds. The cost of a serviceable cleaner is as low as \$5, and from that "up," as the merchants say. A combination sweeper and cleaner will cost anywhere from \$7 up. Of course, there are risks to be run, in the purchase of these machines, if you buy those brought to your door by the "traveling salesman," and it is as well to patronize a reliable merchant, and buy only the best you can reach. If bought from such a source, a trial is allowed, and if not satisfactory, it can be returned. Remember that you can not get "something for nothing," and also, that the man who goes from house to house with these things, is going about with the intention of selling. It is better to patronize the responsible party.

If a woman has a sweeper and cleaner, single or combined, she will not need to clean her rooms every day, or, unless the family is large, every room cleaned every week. The sweeper can be run under the furniture, and over the surface of the rug, gathering up all dirt and lint, and the room can be cleaned thoroughly whenever she has time and strength to tackle the job. Try to have these two machines, and see how much of the drudgery of housework is by them taken off your shoulders. Children can run the sweeper, and it is fun for them.

Cleaning Mixture for Rugs and Carpets

An excellent cleaning mixture for rugs and carpets is made thus: Shave one-half bar of ivory soap into two gallons of soft water; add two ounces of borax, two ounces of sal-soda, one-

half teacup of alcohol; boil all together except the alcohol, which should not be added until the mixture is cooled, then stir it in. With a brush or sponge rub this well into the carpet, cleaning a little space at a time, and as you clean, sponge well with clear water to remove the mixture.

For light-colored rugs, measure a package of corn starch by cups and take one-fifth as much prepared chalk, powdered fine, as you have of the starch; sift this together all over the rug and leave a day and night; then brush out the powder with a stiff new broom, and the colors will be found wonderfully brightened; hang the rug out in the air for a while before laying it.

For House-Cleaning Time

Where the white enamel of the kitchen shows stains that are hard to remove, put some clean water in one of the vessels and add a small piece of potash; let stand for a while, then wash with warm water and soap, and the stain will have disappeared.

Where furniture only needs rubbing to brighten it, first wash with a soft cloth and castile soap suds; then rinse and dry; mix equal parts of linseed oil, turpentine and vinegar, shake well, and with a few drops on a cloth, rub the furniture, a little space at a time, and finish with a good hard rubbing with an old piece of soft silk, and you will find it as bright as if varnished.

Query Box

For the soiled black garment, take a sponge dipped in strong black coffee to which a few drops of ammonia have been added, and sponge the garment with it. Dry by rubbing briskly with a clean woolen cloth.

Mrs. M.—The warmest, most inexpensive bed clothes are made of wool. A wool filled comfort will be light and warm, where a cotton will

THE DOCTOR'S WIFE Agrees With Him About Food

A trained nurse says: "In the practice of my profession I have found so many points in favor of Grape-Nuts food that I unhesitatingly recommend it to all my patients.

"It is delicate and pleasing to the palate (an essential in food for the sick) and can be adapted to all ages, being softened with milk or cream for babies or the aged when deficiency of teeth renders mastication impossible. For fever patients or those on liquid diet I find Grape-Nuts and albumen water very nourishing and refreshing.

"This recipe is my own idea and is made as follows: Soak a teaspoonful of Grape-Nuts in a glass of water for an hour, strain and serve with the beaten white of an egg and a spoonful of fruit juice for flavoring. This affords a great deal of nourishment that even the weakest stomach can assimilate without any distress.

"My husband is a physician and he uses Grape-Nuts himself and orders it many times for his patients.

"Personally I regard a dish of Grape-Nuts with fresh or stewed fruit as the ideal breakfast for any one—well or sick."

In stomach trouble, nervous prostration, etc., a 10-day trial of Grape-Nuts will usually work wonders toward nourishing and rebuilding and in this way end the trouble. Name given by Postum Co., Battle Creek, Mich.

Look in pkgs. for the famous little book, "The Road to Wellville."

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