



# The Home Department

Conducted by  
Helen Watts McKee

## "So Much to Do"

There is so much to do—so much to do—  
 So many paths to smooth for other feet;  
 So many corners dark that cry for light;  
 So many bitter things to change to sweet—  
 That none of us should idle here and tell  
 A world in need of help that all is well.

There is so much to do—so many foes  
 Of truth and justice to be overthrown;  
 So many here oppressed by cares and woes  
 That need the help that we, perchance, may own—  
 That none of us can stand and truly say,  
 "There is no task that calls for me today."

There is so much to do—so many tares  
 That thrive and flourish where the grain should grow;  
 So many rough miles where the toiler fares,  
 For us to smooth before our time to go,  
 That none of us should idle in the sun,  
 For at the best, we leave so much undone!  
 —Edgar A. Guest, in Detroit Free Press.

## The Summer Vacation Season

Many city people who have friends or relatives, or, in some cases, only acquaintances, living in the country, do not hesitate to go uninvited to spend a week or several weeks, sometimes months, on the farm during the hot weather. If they pay their board, and do not insist on being too much waited on, even that is bad, for the farm in hot weather is a busy place, and many farm people are cramped for rooms and sleeping places even for their own families and the inevitable extra "hand" or two, which the work necessitates. It is better to write to these friends or acquaintances, asking if your coming would be agreeable, and your stay, mentioning the length of time, not work hardship on the family you wish to visit. It is better still to allow your friend to know that you are contemplating a vacation season, and wait for the hospitality to be offered.

People going out to the country in summer should expect to pay their board; in fact, should insist on doing so, and if this is refused it is usually because the farm family can not give you accommodations, and would just as lief you went somewhere else, except for a brief visit. Sometimes city people exchange hospitalities with their country friends, making their visits in the summer, and opening their city homes to the farm family during the winter. If this is understood, and lived up to, it is a real blessing to both sides; but even in such cases, due notice should be given and time specified, with the extent of the visit clearly defined so that each party may make preparations for the entertainment of the other. There are few things more disconcerting than the "dropping down" of uninvited guests on either the town or country family, for each of them is apt to have plans of their

own, which can hardly be changed at a moment's notice. It is best to find out first if your visit is welcome.

## Ices and Sherbets

An ice is made of water, fruit juice and sugar; but as many object to the rasping, hard, thin composition, whites of eggs are quite generally used to modify the character of an ice, and then it is called a sherbet. The true sherbet is made of a syrup, instead of simple water and fruit juice, and this gives the substance body and richness. Sherbets may be frozen in bulk, in forms, or partially frozen and served in glasses or cups, the cups being sold under the name of sherbet cups. A white ice or sherbet is simply white from lack of color in the fruit juice and the free use of beaten whites of eggs. For ices and sherbets, the amount of sugar may be increased or diminished, according to the acidity of the fruit juice; freezing always abstracts the sweet taste from fruits, so the unfrozen mixture should be a little sweeter than is desired when frozen. A very good rule for ices is one quart of fruit juice, two quarts of water, three pounds of sugar. Dissolve the sugar in the boiling water, cool, add the fruit juice and freeze as for ice cream. Ice takes longer to freeze smoothly than ice cream, and must be packed carefully afterwards, as it softens rapidly. Must be frozen two hours before serving.

## For the Little Folks

Children's faces become so badly tanned during the hot weather that they show the effects sometimes all winter, unless care is taken to remove it. It is better to teach them to wear a hat, or a bonnet. A boy's straw hat is a very good protection to the little girl's hair and face, and cooler than the old fashioned sun-bonnet. The new style of bonnet does not protect the neck. Where the little arms, neck and face becomes like leather, it is impossible to get back the delicate tint we all love in the complexions of little children. The hot sunshine ruins the hair, and leaves it dry, flax-like and brittle. The silly fashion of going half clad and exposing the different parts of the body to the tanning process of the summer sun is, fortunately, dying out. But because of it, many girls and women will mourn all their lives for the delicate complexion that nothing will ever restore.

## A Handy Table in Any Room

One of the handiest tables in the house, suitable for a variety of uses, is the folding table. For work which does not require heat or water, there is one covered with a sort of leather, and this is the best for sewing or writing. Another kind—the folding camp table—is bare and plain board. The table is about twenty-five inches high, and when sitting in an ordinary chair, or a rocking chair, there is just room underneath to allow one to sit close up to the table, which comes well down into the lap, and for sorting over clippings, cutting out small garments, or for reading, it is just right. For a "study" or small library table, or for the woman who uses a typewriter or sewing machine, it is much more convenient than a high table which forces one to assume a strained position unless a very high chair is used, and the while the feet

can rest solidly and comfortably on the floor, the elbows may rest on the table without the arms being uncomfortably raised. For the plain, uncovered topped table, one can sit and do ironing, or press out seams, wipe dishes, and in fact do nearly all kinds of work required in the kitchen. The table is light and easily handled, and when not in use, the legs are folded up into the top, and the table set to one side, taking up literally no unnecessary space. For use in entertaining, they are excellent. They are not at all unsightly, if a good quality is chosen; are not expensive, and with reasonable care will last for years. In the sick room, they are very handy indeed, as they are just the height of the bed, or of the lap when one is in the rocking chair, and can be taken out when not in use. For the woman who has tender feet, and yet has much work to do that forces her to stand, because of the height of the ordinary kitchen table, one of these tables is ideal, as she can do nearly all her morning's work sitting down, even close to the stove. They can be had at a cost of from one dollar to five, according to plain or elaborate finish. The plain ones are strong.

## Culture of Medicinal Plants

We are frequently asked about the profits to be made, if any, in raising plants used in medicines. The United States department of agriculture has issued a bulletin—"Farmers Bulletin No. 663," entitled "Drug Plants Under Cultivation," in which this matter is treated. It warns farmers and others who are interested that, in order to make the business profitable in this country, improved methods and extensive use of machinery will probably be necessary before financial success can be attained. The demand for many drug plants is so limited that there may readily be over-production, and one must acquaint themselves thoroughly with market conditions before taking up the work. Drug plants are subject to the same diseases and risks, we are told, as other plants, and but a very few growers know much about the methods necessary to successful growing and handling. Under present conditions, the risk is considerable, and where one would succeed, financially, others would fail to even realize costs. There is usually no local market, and little knowledge of the work required to harvest and market the crop, whether large or small. Send for the bulletin, and get all the information you can before seriously considering the undertaking, unless you have money and time to throw away.

## To Keep Bread During Hot Weather

Foods sour very quickly during damp, hot weather, and very few things sour more quickly than bread. Tin is a far better storage for bread than stone-ware during the hot months. Get a tin bread box with a tight-fitting cover, and place inside of it as lining a piece of crash toweling, fitting it all around the sides and bottom, and letting it hang over outside. The moisture will be absorbed by the toweling, and it can be changed and washed out, drying water, and if you want them not to shrivel, cover with alum water; a teaspoonful of alum to every quart of water; set them over the fire and bring to a scalding point, then push

them back where they will not boil for two hours. Cover closely during the heating process, and some nice grape leaves put into the alum water will give them a nice green color. When you drain them from the alum water, put them into very cold water, let stand awhile, then proceed for pickling.

## Cucumber Sweet Pickles

Gather the pickles as nearly the same size as you can; soak for two days, at least, in a brine made of one cupful of salt to a gallon of water. The brine draws the strong taste out; and do not be in too big a hurry to take them out of it. Rinse in fresh in the hot sunshine, and mildew and sourness will be unknown. The crash toweling should be cut in lengths to fit the box, and hemmed, using it for no other purpose. It will last for years. There should be two pieces—one for the sides and one for the bottom—and these should be sunned and dried as often as they get damp, and put into the laundry every week, if not oftener. Once a week the box should be well washed with a strong solution of borax, the top turned back and the box set in the sun until perfectly dry and sweet. Cake should not be kept in the same box with bread, as the bread absorbs the sweetness and the cake is tasteless.

## For the Flower Lover

A prominent florist tells us that with the first rose bush, we should buy a sprayer and something to use in it, for there is no plant that insects love better than the rose. One of the most troublesome is the green fly—aphis—that feeds on the young growth of the plant. Spray the plant top and underside with a mixture of one pound of soap and six gallons of water; let the mixture be just hot enough so it will not burn the hand, and see that you give the bugs enough of it. There are several mixtures that

## BUILT A MONUMENT

### The Best Sort in the World

"A monument built by and from Postum," is the way an Illinois man describes himself. He says:

"For years I was a coffee drinker until at last I became a terrible sufferer from dyspepsia, constipation, headaches and indigestion.

"The different kinds of medicine I tried did not cure me, and finally some one told me to leave off coffee and take up Postum. I was fortunate in having the Postum made strictly according to directions on the pkg., so that from the start I liked it.

"Gradually my condition changed. The old troubles disappeared and I began to feel well again. My appetite became good and I could digest food. Now I am restored to strength and health, can sleep sound all night and awake with a fresh and rested body.

"I am really a monument built by Postum, for I was a physical wreck, distressed in body and mind, and am now a strong, healthy man. I know exactly what made the change; it was leaving off coffee and using Postum."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Postum comes in two forms:  
 Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.  
 —sold by Grocers.