



The Home Department

Conducted by
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Mutations

The darkest shadows at times are lifted,

The clouds not always obscure the sun;

The hardest burden is sometimes shifted,

The hardest tolling is sometimes done.

The stream that flows from the distant fountain,

Now through desert and now through lea,

Though wide the plain or steep the mountain,

Sooner or later must reach the sea.

The gales of winter that shake the forest,

Give place in spring to the softer wind,

The wounded hearts that have aches the sorest

Some future day will their solace find.

Did spring ne'er leave us 'twould lose its sweetness;

If flowers bloomed always we'd cast them by;

'Tis change that makes the world's completeness,

The sweetest laughter succeeds the sigh.

—Daniel O'Connell.

The Necessity of Learning to Save

It is recorded that the number of men who pass through life and out of it at the age of sixty years or more and leave no property, is almost beyond belief. A man who studies statistics says 95 per cent of the men who reach sixty years of age are dependent on their daily earnings or on others for their support. In one county in Ohio during a period of four years, 8,000 men died, of whom 6,000 left no estate, and over 800 left property valued at less than \$1,000—a showing to stir one's sympathies! Statistics also show that the man who has not lost all his life's accumulations by the time he is forty-five is the exception. Unfortunately, only one man in 5,000 who goes broke at fifty can recover his financial footing. Unpleasant as these statements are, they should teach the value of cultivating the savings habit, and should teach men to be conservative of their accumulations, or, if nothing has been accumulated, one should strain every nerve to lay by in store for the dark days so soon to overtake them. It is all nonsense to give up the idea of trying to save something because of small wages. Only through misfortune can one be excused for spending up to the full limit of the purse. Thousands of pennies go to waste simply through carelessness, and through buying the littles that can better be done without. There is nothing more pitiful than to see the old and helpless knocking about among the young relatives, who can hardly be blamed for regarding them as a nuisance. Every member of the family should be taught to save; in fact, when eating your apples of prosperity, resolve that "dere aint agoin' to be no core," and absolutely nothing to throw away. If you can not get what you want and still keep a few nickels in the purse, want what you can get and pay for that will still leave a surplus for the savings bank. "The destruction of the poor is their pov-

erty," and do not let any one tell you that poverty is a blessing. The harrow of pennilessness will ruin any field, no matter the planting.

Suggestions for Spring Work

It will soon be time for house cleaning, in the southern and middle portion of our states, and it is well to gather up some ideas of what is to be done in advance. If you intend to paper, or otherwise decorate the walls of your rooms, you should know of the treatment they must have to insure successful work. If the walls have been calcimined they must be washed to free them from the powder; painted walls should be washed with a solution of eight ounces of washing soda to one gallon of water, in order to remove the paint; rough plaster must be rasped or scraped smooth. Damp walls must be given a coat of oil shellac, or shellac varnish. Where the walls have been papered before, the paper should be stripped off as cleanly as possible, and before laying the new paper, the walls should be given a coat of sizing made by soaking one pound of glue over night in cold water, then adding twelve quarts of hot water and a tablespoonful of powdered alum; then, after stirring to mix thoroughly, apply to the walls with a regular paste brush, and go ahead with the paper hanging.

The paste should be made of good flour, preferably rye, and the paste strained. It should not have any molasses, sugar, starch, or plaster Paris mixed with it. Just use fairly thick, so it will spread easily. If the walls are not sized, and the paste does not stick well. Add a teaspoonful of strong glue water to a pailful of paste. If the plaster is rough, apply a thin coat of the paste, let dry, and then proceed as usual. Do not put on the back of the paper more than enough to hold the paper to the wall.

In using cheese cloth or light muslin for lining walls before papering, after tacking the muslin on smooth, size it and let the walls dry out before proceeding; this will shrink the muslin so it will not wrinkle and draw the paper when applied.

"Finger Marks"

One of our nice housewives writes us, asking us to "give mothers a talking to about letting their children handle the walls, draperies, woodwork and furniture not only in the homes where they may be visiting, but in their own homes." She says truthfully, that little hands can not always be kept clean, and are always more or less dirty if allowed to play about the house and yard, especially in winter when the coal stoves are going; but that she knows it is simply a habit the children get of trailing the hands along the walls, handling the woodwork about doors and windows, and swinging on the draperies; this habit, the mother should strictly discourage. And that is good advice. Where children are allowed to grow up without any restrictions about this constant and useless handling, everything about their own homes bear witness to it in dirty wall paper, smeary door-frames, and badly hanging curtains. This habit they carry into the homes of their neighbors, and it does not make their presence any more welcome because of it. It is a simple matter to teach children to keep "hands off," and if in-

sisted upon, showing the child the effects of the handling, the habit is easily broken; but if other mothers allow this untidiness at home, the neater mother must suffer from her carelessness. There is absolutely no need of this handling, and especially of the trailing of the hands along the walls as one goes about. Nothing is gained by it, and mothers should at once set about correcting the habit. It is often a hardship on the housekeeper to find a second cleaning necessary because of the chance visit of some untaught child; she does not like to mention the fact to the mother, as, if she did, ten chances to one, the mother would take offense; but to many nice housewives, this reckless soiling is as unpleasant as a deliberate slap in the face, and will cause the child, as well as the parent, to be regarded as a nuisance.

The Cockroach Pest

The cockroach, which is a full cousin to the bedbug and with no claim on our tolerance, is, like the fly, a disease spreader, and should be hunted down relentlessly by every housewife. Unfortunately, especially in the large cities, the average housewife accepts them as an evil which must be borne with. It is claimed that the cockroach carries approximately 10,000 disease germs; they feed on filth and are filthy themselves, often dangerously contaminating foodstuffs in kitchens and pantries, where it seems almost impossible to put things out of their reach. They breed fast, and the housewife often despairs of routing them from the premises, but it is easier to do than it is to harbor them. The premises must, of course, be kept clean, and no decaying foods, even crumbs, should be allowed about. The pests are partial to damp places, and are more or less numerous about the drains and sinks and in the bathroom, or in dark, damp closets. The female lays about twenty-six eggs, which she can carry about with her for two months, if necessary, until she finds a suitable place to deposit them, and the eggs hatch in twelve days. One of the simplest, safest, surest ways to exterminate them, no matter how thick they are, is to stir together well a teaspoonful of sugar with two or three of powdered borax, and divide this into small lots, putting each lot into a vessel—the lid of a baking powder can, or something similar, a saucer, or even a small, shallow paper box top, and set these about wherever the roaches run. They will eat of it greedily, and now and then you will find one very sick, or a few dead, lying about; but the most of them disappear, and in a short time the house is rid of the grown ones. Bye and bye the eggs already deposited will hatch, but the new supply will also disappear. What becomes of them, I do not know, but I do know from large experience with rental property, that no pest of cockroaches can occupy premises where the borax and sugar is kept in their runs. Five cents worth of powdered borax will last several years.

Intelligent Marketing

If you will allow it, the butcher will, as a rule, foist on you inferior pieces of meat, in order to be sure to get rid of them. He usually recognizes the extent of your judgment in such things, but if he sees you know

something of the carcass of the animal, you will likely get your money's worth. You should be able to recognize the different cuts of meat; should know what the loin, sirloin, porterhouse steak, round, flank, chuck, rib, and other portions are, and how they should appear in well-fed, healthy animals. A loose-grain piece of meat with bright-red lean and yellowish fat is apt to be ox beef; the best cow beef has a slightly firmer flesh, with a whitish fat, and the lean not so red; poorly fed beef can be recognized by its dark-red color, hard fat with gristle running through it. If on pressure the dent in meat quickly disappears, the meat is good, but if the dent remains, or is slow in rising, refuse to take the meat at any price. Much money can be saved by intelligent marketing, and an ounce of good meat will do more good than a pound that you can not use.

Contributed Recipes

Hot potato salad is a comfortable dish for a cold day. Boil five or six large Irish potatoes and cut them in thin slices while hot; fry thin slices of bacon and cut them into small pieces until there is half a cupful; pour off the fat from the frying pan, leaving two tablespoonfuls, and into this stir a tablespoonful of flour mixed with one quarter of a tablespoonful of mustard, one-eighth of a tablespoonful of pepper and a quarter tablespoonful of salt. Stir constantly to a smooth paste and mix in very gradually a half cup of vinegar. Let the dressing come to a boil, add the potatoes, bacon and one chopped onion and serve hot. If seasoned too highly for some tastes, use less condiments.

Cream Pates—Make paste like other pate paste, only sweeten slightly and flavor with nutmeg; then shape as for chicken or oysters. When ready to fill, whip stiffly cream, or use ice cream, and sprinkle this with finely chopped English walnut meats, raisins or citron, or candied fruits. Do not fill until just ready to serve.

Baked Fish.—One cupful (or one small can) of flaked fish, one cupful of cream sauce and three hard boiled eggs, six slices of bacon, half cup of bread crumbs, half cup of grated

DAME NATURE HINTS

When the Food is Not Suited

When Nature gives her signal that something is wrong it is apt to be with the food. The old Dame is always faithful and one should act at once.

To put off the change is to risk that which may be irreparable. An Arizona man says:

"For years I could not safely eat any breakfast. I tried various kinds of breakfast food, but they were all soft, starchy messes which gave me distressing headaches. I drank strong coffee, too, which appeared to benefit me at the time, but added to the headaches afterward.

"A friend persuaded me to quit coffee and the starchy breakfast foods, and use Postum and Grape-Nuts instead. I shall never regret taking his advice.

"The change it worked in me is wonderful. I now have no more of the distressing sensations in my stomach after eating, and I don't have headaches. I have gained 12 pounds in weight and feel better in every way.

"Grape-Nuts makes a delicious as well as a nutritious dish; and I find that Postum agrees perfectly—never produces dyspepsia symptoms."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich.

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