



The Home Department

Conducted by Helen Watts McKee

Mother-Love

Sometimes the little lips of him, all dewy-wet and tender,
Are laid against the lonely breast that never felt their kiss;
The baby-eyes look smilin' up in all their shining splendor—
O, little son, my little son! that I should mourn like this.

Sometimes I see him comin' through the furz and purple heather,
And, O, the toodlin' feet of him that never stepped the earth!
An' when we're settin' quiet-like, himself and me together,
There's dimpled hands that beckon in the peat-smoke on the hearth.

The happy mother's childer — sure they come and lean beside me,
With their eyes so full of pity that my own deep teardrops start—
An' himself so kind and watchful that no evil shall betide me—
But naught can ease the weary ache within my empty heart!

O, Mary, up in heaven, if my little son be weepin',
(Though heaven is grand, 'tis lonely; an' my babe is small, so small!)

O, take him on your mother-heart and sooth him into sleepin',
Lest sobbin' through the long, long night, he hears his mother's call.

—Mabel Hillyer Eastman.

Vacation Days

This is the season for picnics, outings and social gatherings, whether among village or community friends, or at the pleasure resorts among the hills and mountains, or at the lakeside or seashore. Only the favored few can seek the far fields, but the stay-at-homes can have just as good times—perhaps better—as those who spend more dollars than they should spare in running about seeking new scenes from which they return far more worn than when they started out.

Rural communities are especially favored in the matter of "places to go to," and the new and rapid methods of transportation have very materially enlarged their pleasure fields, until, to a great many of them it is but a matter of choice where the day shall be spent. For those who have automobiles, the lengths of travel may be limited only by the miles they can get over in the prescribed time, while for others, dependent on carriage or wheel travel, or even those who must make the trip on foot there are always suitable spots within reach, charming, and in every particular desirable for a day's outing.

If neighborhoods would join forces and prepare regular picnic grounds, with accommodations for getting the meals ready (not necessarily for cookery, but for hot water, tea, coffee, or fish-frying, etc.) with swings and other amusements for the children, grounds for the sporting clubs, temporary tables for dinners, shelters from the occasional summer shower, swimming places, boating, and other outing pleasures, among which there should be a platform for dancing, these grounds would be much more frequently used, and large or small gatherings might occupy them at different times, to the larger sociability of the neighborhood.

Two or three gatherings during the summer are not enough for any community. There should be more picnics, and the whole family should share in them. The crowd should not be large; a half dozen families, congenial to each other, would be preferable to scores of all sorts, known and unknown. These gatherings should not be "dress-up" occasions; wear something that may be torn, stained, or otherwise spoiled by hard usage, so it is clean and comfortable, and everything should be of goods warranted to wash. The girls will be charming in anything—even last year's styles, and the matrons need not be confined to "dowdy" clothing in order to be comfortable. There is always a "betwixt and between," and if you are not worrying about your clothes, you can enjoy the fun of the day. The men and boys will not need to be cautioned; they know how to have a good time, and they are not hampered with worry about their clothing. Plenty of rope for swings for the wee ones, hammocks for the sleeping babies, and pillows for the little tots who tire easily, should be among the preparations. Plenty of drinking cups—paper or metal—towels and other toilet necessities that can be slipped into a shopping bag, are needed.

For the dinner, do not have too many sweets; more wholesome foods are desirable; something that will satisfy the appetite that the outing always creates. Where it can be done, let each sort of food be wrapped in oiled or paraffined paper, with plenty of paper napkins, wooden dishes of all sorts that can be disposed of when the feast is ended, making no heavy baskets, or worry about the best dishes. There are so many extremely cheap furnishings for the picnic table that it would be foolish to pack up heavy china, or silver, or even aluminum for the outing. Usually, what fruits one can not bring can be had in the neighborhood, and evaporated milk can be carried with no thought of spoiling. Even for the "bottle baby," the baby's brand of a certain manufacturer can be used without fear. Somebody will always have ice and an ice cream freezer, and the ice cream being home manufactured, you will not fear ptomaine poisoning.

No matter where you go, however, the picnic pests will be on hand to enjoy the occasion with you; perhaps it will be better to say, to keep you from over-enjoyment. Mosquitoes, chiggers, ants, gnats, and various insects, including in some regions ticks, if your picnic grounds are in the woods, and it is well to be prepared for such things as poison ivy, and other poison vines that are so hurtful to some people.

For the mosquitoes, get a small vial and mix in it one ounce of spirits of camphor, one ounce of oil of citronella, and half an ounce of oil of cedar; this does not smell at all bad, and if used on a handkerchief or other cloth, and kept about the face and neck, the pests will not stay with you. Ants are sometimes and in some places troublesome, and the foods should be so put up that they can not get into the containers. Oil of cedar, or of sassafras, or of pennyroyal, are any of them objectionable to insects.

Liquid sulphur will discourage the attacks of chiggers, or ticks, and thick soap suds will do the same; wetting the soap with a little water,

rubbing a rag over it, then on the "chigger" bites, will scatter them. For any kind of insect bites, such as bees, put a little soda on the wound, drop some vinegar on it, let it bubble a minute, then bind up with soda on the wound; will cure with no swelling. Fresh earth is said to do the same. For any kind of insects, such as wasps, spiders, etc., apply dampened salt and bind tightly over the spot.

For sumach and ivy poisoning, cover with moistened cooking soda; or bathe the parts several times a day with sweet spirits of nitre, or wet with heavily salted milk and allow it to dry on. Powdered chalk wet to a paste with water and applied thickly will give relief and prevent inflammation. A tea made of corncobs broken into small pieces and boiled in a porcelain kettle until the water is a deep golden color, has been known to prevent, or cure swelling, if kept up for six hours or more. The corncobs must be fresh and clean.

Among Our Letters

One of our readers asks the following question: "What is a saccharated (not saturated) solution of lime, and what is it used for?" In a well-known work on Materia-Medica we find the following: "Lime is much more readily soluble in sugar-and-water than in pure water, and advantage is taken of this fact to make a saccharated solution of lime, which is twelve times as strong as the ordinary lime water in general use. It is made as follows: Rub together one ounce of slaked lime and two ounces of white sugar; transfer the powder to a bottle containing a pint of water, and shake occasionally for a few hours. Finally, draw off the clear liquid and keep in a well corked bottle. In all cases where ordinary lime water is used, one-twelfth the quantity of the saccharated solution of lime may be substituted. Under many circumstances, as in traveling, for example, it is of great advantage to be able to use a concentrated solution."

Ordinary household lime water is made by taking two ounces of freshly slaked lime and putting it in a bottle containing a gallon of water; shake it for a few minutes, then place it on one side to settle; in a half day, or a few hours, the undissolved lime will have fallen to the bottom, and the upper, clear liquid may be decanted off carefully and used as required. The bottle should be kept well corked, and the solution freshly prepared as needed. The slaked lime is made by adding water to quick lime. Place two pounds of lime in a metal pot (enamel, porcelain lined, is good), pour over it a pint of water, and when vapor is no longer given off set it aside to cool. When it is cool it may be taken out, sifted through an iron wire sieve and the powder kept in a closely stoppered bottle. The powder loses much of its activity if allowed exposure to the air. Lime water is used for many things in the household, and for many ailments it is a valuable remedy.

Query Box

M. S.—By "water-bath" is meant the setting of a smaller vessel containing whatever is to be melted inside of a larger vessel containing boiling water. The "oatmeal" cooker is on the same plan.

Worried.—There seems to be no

more effectual remover for tan and freckles than the old-time horseradish and buttermilk, or buttermilk and tansy, of our grandmothers' time. You can buy the buttermilk in the city, and the horseradish or tansy can be had at the market.

Ella S.—Almond meal lathers exactly like soap when used on the face and hands for cleansing. It is used instead of soap, as it is cleansing and softening to the skin.

Barbara.—Black heads are an accumulation of dirt, and the sebaceous matter the skin is trying to throw off. Soap and water and friction with a turkish towel bath cloth will remove them. If allowed to stay in the skin for any length of time, the matter can be pressed out in tiny round forms, which are called by some "flesh worms." If forced out unskillfully, they are liable to leave large holes and scars — enlarged pores, which are hard to close. After thoroughly washing the face at night in quite hot water and pure vegetable oil soap, rinse off the soap, and bathe the face with pure cider vinegar, which let dry on. Vinegar is healing, cleansing, and will kill any alkali left by the soap.

Jennie J.—The oatmeal for which you ask is made by adding to four tablespoonfuls of finely ground oatmeal the juice of one lemon and one quart of distilled water in which has previously been dissolved one dram of borax. The oatmeal may be boiled in the distilled water before adding the lemon, if preferred. Use at night after washing the face, and it takes the place of cold cream, making the skin softer and finer. It is very inexpensive, and effective. Get the oatmeal — not the rolled oats.

Requested Information

A fine hair tonic is made as follows: Where the hair is very dry, a tonic must have some oil in it to be of help. An excellent formula is

GRAPE-NUTS

embodies the full, rich nutriment of whole wheat combined with malted barley. This combination gives it a distinctive, delicious flavor unknown to foods made from wheat alone.

Only selected grain is used in making Grape-Nuts and through skillful processing it comes from the package fresh, crisp, untouched by hand, and ready to eat.

Through long baking, the energy producing starches of the grain are made wonderfully easy of digestion.

A daily ration of this splendid food yields a marvelous return of health and comfort.

"There's a Reason"

Sold by Grocers Everywhere