



The Home Department

Conducted by
Helen Watts McKee

Peace and War

The sleek sea, gorged and sated,
lies;

The cruel creature fawns and
blinks and purrs;

Almost we do forget what fangs
are hers,

And trust for once her emerald-
golden eyes,

Though haply on the morrow she
shall rise

And summon her infernal min-
isters,

And charge her everlasting bar-
riers

With wild, white fingers, snatching
at the skies.

So, betwixt peace and war, man's
life is cast;

Yet hath he dreamed of perfect
peace at last;

Shepherding all nations, e'en as
sheep;

The inconstant, moody ocean shall
as soon,

At the cold dictates of the blood-
less moon,

Swear an eternity of halcyon
sleep.

—William Watson.

Political Education

Several of our thoughtful women have written to me saying they are very much interested in getting a proper understanding of the science of government, now that so many women are handling the ballot and many more hoping and expecting to do so very soon. Women are awakening to the necessity of their knowing more about the mode of government, the laws of their country, the reasons for their enactment, and their own responsibility as voters. But they have no idea as to how to make a beginning. They ask to be referred to some text book, or other means of enlightenment. They are beginning to realize that party wrangling is not politics; that politics means the protection of the homes, the family, our rights as human beings and citizens, and of the morals of our people. Very few of them know the difference between the Declaration of Independence and the Constitution of the United States, or what either of these documents mean. Much can be learned from the text-books on civil government used in the high schools, and I hope somebody will give us a few ideas to pass on, telling where such books or studies may be obtained. It is just as easy to spend time learning along these lines as reading trashy stories with which most magazines are filled, and women should begin an intelligent study of the meaning of their new privilege, and responsibilities.

A writer on political education for women says: Women as a class do not read the newspapers except to know something of local happenings or to amuse themselves with a story or household matters; while these are good, they are not enough; we should know the history of men and measures, not in a party sense, but as history. As women are now privileged to help in building up the nation, they should be able to give an intelligent reason for their party affiliations; they should un-

derstand the principles of political economy, the laws of finance, the constitutional history of the United States, something of constitutional law, the relation of the federal government to the states and the relation of the states to each other. This is but part of the knowledge to be acquired, but every woman will be interested to this extent; yet for the women who would be intelligent leaders, the scope is wide. The majority of men who vote know but little of what they should do as to politics.

In the Garden

It seems like "carrying coals to Newcastle" to tell the average housewife, who is also most generally the garden maker, that she should plant kitchen herbs in her garden; but so few do this, since our grandmothers' time, that we feel that it would be well to remind you. Most of housewives depend on the druggist or grocer for their supply of dried herbs, but these are of more or less variable strength, and at times, of no strength at all; for this, if not for economy's sake, the garden should grow at least a family supply. The seeds are not expensive, and a paper of the seeds will grow more plants than one housewife will want; plants, ready to set out, can be had of most kinds, especially the perennial herbaceous kinds, at small cost from the nurseries, and this is often the most economical plan, as well as the surest. Directions for planting seeds are on each label, and any grower of plants will tell you how to set out and care for the young plants. As to harvesting and preparing the herbs for drying, write to the Department of Agriculture, or even your own State Board of Agriculture, or experiment station. Most of these herbs are biennial or perennial, but the annuals grow thriftily without undue demands on your time and strength. Now is the time to attend to this, and your seed catalogues will tell you what you should have.

The salad plants will thrive in almost any soil that will grow plants. The seeds of salad chervil should be sown in the spring; by itself, it is an excellent salad, but mixed with water-cress or corn salad, the flavor is much improved. The turnip-rooted chervil should be sown in the fall, but the plants do not appear until spring, maturing in early summer, and can remain in the ground all winter; the roots are like carrots, though of different flavor, and they are used for flavoring soups. Corn salad is usually sown in the fall, covered lightly through the winter, and used in the spring. Dandelion plants are now among the cultivated salad plants, and cultivation much improves the palatability of the leaves. They are best when mixed with other salad plants.

Early Food Plants

Among the real luxuries on most farms is the asparagus bed. The plants are not hard to start, or difficult to cultivate, and a thrifty bed of asparagus shoots is a real luxury.

If you can not afford the plants, sow a bed of seeds, and be ready to start in next spring; but you will be one year ahead, if you get the one-year-old plants from the nurseryman and start your bed with these. If you have more than you can use at once, can a surplus for the later days.

A few roots of rhubarb, growing in rich ground, will be a great help to the spring food supply, and if you have not yet got a start of the plants, the roots will not cost you much, even if you have to buy them, but many neighbors have to thin out their rows, and will be glad to supply you, for nothing. This root, like asparagus, must be started a year or more before it can be gathered. The soil must be very rich, and you will need quantities of water for the thirsty roots. But if you feed and water the plant well this year, then cover with coarse horse manure this fall, you will have plenty for your table next spring. This, too, serves a goodly purpose when canned for the winter, and is much liked in combination with other supplies.

One of the earliest fruits is the gooseberry, and it will grow anywhere. Very fine fruit is raised without any labor by planting the shoots in the fence corners, or along the fences, or in shady places. It grows larger when well cultivated, if the right kind is planted, but it is perfectly hardy, will keep with the least bit of trouble in cans, and can be used in various ways.

A great many native wild plants grow without any trouble at all, and long before the gardens are ready for use these plants will be ready to serve as "greens," and are not only palatable, but very wholesome. If you will look over your gardens, and the odds and ends places—the "wastelands" of the farm—and cultivate all the ground you can, there will be enough and to spare, even in such times as these.

For Falling Hair

One of our readers tells us that she is sixty-nine years old, and still has thick, soft hair, and she attributes this to the use for years of strong sage tea applied to the scalp every day. She uses nothing else.

Mrs. J. H. writes us that, where the hair and scalp needs cleaning, but is not very dirty, a dry cleaning by using a mixture of common laundry starch, pulverized, and an equal part of powdered orris root, well rubbed into the roots of the hair is an excellent cleanser. The starch mixture is easily shaken or brushed out, but if talcum powder is used, it takes a good deal of work to remove it.

Mrs. L. C., of Michigan, sends the following formulas: Equal parts of bay rum and castor oil are claimed to be one of the best hair-growers in existence. Another is, three common garden onions sliced and steeped twenty-four hours in one quart of Jamaica rum, then the rum applied to the scalp once or twice a day. The juice of a lemon, rubbed into the roots of the hair, is a tonic and cleanser. Another formula: One-half ounce of colquintida and

one pint of best Jamaica rum, applied to the scalp three times a week with finger tips.

Marion C., Chicago, tells us that sage tea is one of the oldest, most helpful, harmless tonics for the hair, is made by putting one teaspoonful of dried sage in a bowl, then pouring a teacupful of boiling water over it, let steep until cold, then strain, and use twice a day, or at night, making fresh when this is gone; this will make the hair soft, glossy and thick. Allow the scalp to get perfectly dry before putting the hair up. Should be used a long time, for results; a few spasmodic treatments will not do any good. Do not use water on the hair, and massage the scalp as often as convenient.

Oil Stoves and Heaters

Many families, even those living where gas or electricity may be had for fuel and lighting, are finding that the coal oil heaters and cookers are fully as serviceable, cleaner, and much cheaper than coal, and answer every purpose that gas, gasoline, or electricity will do. There are many makes of oil stoves, but some are better than others, and it pays to get the best. The latest pattern is a blue flame, with a wick, for cooking; but a very excellent make has the wickless blue flame, satisfactory according to the manufacturer. A two-burner cooker can be had as cheaply as five dollars, and from that up to the very expensive ones. Some of them have the oven, but the cheaper makes require a separate oven. Like the different stoves, the ovens are of different grades of usefulness, some of them being of no account. Every stove has a card of directions going with it, and if these are carefully followed, and the stove kept clean, as one would a lamp, it is perfectly



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