



# The Home Department

Conducted by  
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November.

All shorn of their grace are the elm  
and the willows;  
The winds through the locust  
boughs gustily blow;  
The sun has gone down under turbu-  
lent billows,  
There's wrath in the west, and the  
fire says "snow."  
Well, let the winds blow through the  
fields bleak and lonely,  
Where fell the June sunshine, all  
golden and soft;  
'Twill find the dry stubble and brown  
brambles only—  
The corn's in the crib and the hay's  
in the loft.  
And let the rain pour—not a wisp of  
the clover,  
Nor spray of the meadow is left to  
be lost,  
For tempest to beat or the snow to  
drift over—  
For blast of the storm, or for blight  
of the frost.

And, Oh, the red light where the fore-  
stick is burning  
And back-log is cheerily glowing  
could shame  
The tint of the leaves where the forest  
is turning  
From cool ocean-green into amber  
and flame.  
And cellars and store-room are filled  
to o'erflowing,  
And granaries a-burst with the bar-  
ley and wheat;  
Our cottage is snug when wierd  
winds are blowing,  
So let the winds wall and the wild  
tempest beat.  
But here, while our hearthstone is  
brilliantly lighted,  
And fortune has favored us bravely  
indeed,  
Let us think of the ones whom the  
goddess has slighted,  
And spare of our store to the neigh-  
bor in need.  
And, Father, look down, in thy far-  
seeing power,  
On those who have neither the wine  
nor the corn;  
Keep watch of them all, in their win-  
ter-time hour,  
And temper the wind to the lamb  
that is shorn.  
—Hattie Whitney, in Good House-  
keeping.

**The Other Side.**

Years ago, when I had a greater re-  
spect for what "they say" than it is  
possible for me to have now, I used to  
get greatly discouraged on reading the  
household columns of the weekly pa-  
pers which found their way into my  
home. The writers of these articles  
were such wonderfully thorough and  
systematic housewives, and everything  
was so carefully carried on by "sys-  
tem" and "method," and there seemed  
never to be anything but "neatness,  
order, arrangement and grace" about  
the homes (on paper) over which they  
presided. Every duty seemed per-  
formed without friction, or the dis-  
arrangement of the methodical  
smoothness which, according to them,  
it is the duty of every home-mother  
to preserve.

I used to worry a great deal if I  
had to let things go a little out of  
shape, and to have a tidy neighbor  
come in and find things at odd ends  
would almost send me to bed with a

sick headache, to say nothing of the  
heartache that I strove bravely to  
conceal. But the years bring wis-  
dom, and I learned at last to do the  
best I could and not hear what "they  
said." Oftener than not, there was  
nothing said, for every sensible wo-  
man had enough to do to attend to  
her own affairs.

While we heartily commend the ad-  
vice that one should keep the home as  
orderly and as sweet as her strength  
will allow, we know that the time  
comes to each of us when the most  
carefully planned system will be com-  
pletely destroyed by sickness, or other  
interruptions, and that we cannot al-  
ways control circumstances. It is very  
common, even at this day, for house-  
hold writers to insist that everything  
shall be done in the most "spick-and-  
span" manner, and that no excuse  
should be accepted for failure to do  
this on the part of the home-keeper,  
without regard to health, size of fam-  
ily, or circumstances. No wonder so  
many women break down in their  
foolish endeavor to live up to what  
"other people" say they should do.

There are a great many things an  
overburdened housewife is justified in  
refusing to shoulder, and one of the  
first of these is the idea that she  
must live up to the standard set by  
another. Every woman must be "a  
law unto herself." The requirements  
of no two homes are alike, and there  
can be no cast-iron rule, applicable to  
all cases, for doing housework. The  
burden imposed by the housekeeping  
of today is crushing the life out of  
more women than anything else under  
the sun. No business is so compli-  
cated; no trade, profession or calling  
imposes so many and such diversified  
duties, or call for intellect of a high-  
er, stronger grade. When one thinks  
of it, it is no wonder that so many  
women break down or so soon fade  
and become querulous, nagging, fret-  
ful invalids.

We are told to "simplify," and that  
is a good way to do; but how few  
have the necessary knowledge and  
courage to undertake it! Let us take,  
for instance, the ironing: What do  
you suppose our foremothers would  
have said to the piles of white gar-  
ments—ruffles, tucks, sheerings, folds,  
laces, embroideries, flounces; the  
closets full of sheer muslins and wash  
materials which go to make up the  
wardrobes of the feminine portion of  
the family, whose only servant, too  
often, is the wife and mother? It is  
not always easy, even, to find a com-  
petent washerwoman, and the average  
housekeeper tries to do the ironing  
herself. Competent cooks are notori-  
ously scarce, but the menus, even for  
the family, must, too often, be elab-  
orate. There are too many rooms  
kept; too much dust-gathering furni-  
ture and wall and window furnish-  
ings, to say nothing of the useless  
bric-a-brac, forever in need of the  
freshening brush.

The truth is, that women undertake  
too much; with the burden of house-  
work, little children to care for, and,  
in most cases, with the additional  
burden of ill-health, if they manage  
to keep things comfortably clean,  
their children's clothes whole and  
sweet, and plenty of plain, healthful  
food to place before them, they are  
deserving of praise instead of con-  
demnation, and the "virtue of selfish-  
ness" should, by most of them, be  
most sedulously cultivated, even  
though the family table is never gar-  
nished with cake and the family ward-  
robe knows nothing of tuck, ruffle,

founce or sheer. Live plainly and  
restfully, and do not worry.

**Trees About the Home.**

When planting trees for ornament  
or shade about the home, it is well  
to combine use and beauty by plant-  
ing some trees that shall "pay for  
their raising." Nut trees are general-  
ly longer-lived than fruit trees, are  
fully as good for shade, and when  
well cared for, are quite profitable,  
while, as regards ornamentation,  
some nut-bearing trees are as beauti-  
ful as anything we have in the merely  
ornamental line. As regards profit,  
what nuts are not wanted for family  
use are easily handled, non-perish-  
able under ordinary circumstances,  
may be shipped long distances, and a  
few days' delay in gathering or ship-  
ping will not cause loss to grower,  
shipper or consumer.

In most parts of the country, wal-  
nuts, hickory nuts, and butternut  
trees are native; the nuts are plenti-  
ful in all wooded districts, and many  
of the trees are planted in villages  
and along roadsides, while not a few  
farms have groves of them specially  
planted. Some varieties of chestnut  
are hardy in most localities; pecans  
are fairly productive in some of the  
lower northern states, bearing abun-  
dantly in the south. The northern  
pecan, it is said, will grow anywhere  
that a hickory nut will, and there is  
a species in Illinois which grows to  
good size and bears finely. English  
walnuts will grow in some states; in  
the south and on the Pacific coast  
they do well and bear good crops.  
The filbert is much like the common  
hazelnut, is of easy culture and comes  
into bearing early. The variety  
known as Kentish Cob is recommend-  
ed. The native hazelnut pays reason-  
ably well for cultivation, or at  
least for protection and thinning out.

If the nuts are planted, one should  
be sure they have not dried out at all;  
they should be planted as soon as  
ripened, or they may be kept in moist-  
ened sand or sawdust until they can  
be put in the ground. Nuts should  
be planted in the fall, as they germi-  
nate better when allowed to freeze,  
the frost cracking the shell. Nuts  
must not be planted too deep; nature  
drops them on the surface, covers  
them with leaves in which the dirt,  
blowing about, catches, snows cover  
them, the leaves decay forming "leaf-  
mold," the rains beat them down into  
the softened soil and thus nature  
plants them. Plant a few, this fall;  
they may be found about under the  
trees. And, although you may not  
live to reap the benefits, or to "eat  
the fruits thereof," those who come  
after you will rise up and call you  
blessed. Trees well cared for should  
bear a bushel of nuts each, at ten  
years old, and the amount should in-  
crease rapidly after that time.

**One-Sided Education.**

Many parents go to great pains and  
expense in giving to their children—  
and especially the daughters—the best  
school education their means will af-  
ford. Many sacrifices are made and  
much inconvenience borne that this  
may be accomplished, and when the  
"finished product" of the college or  
young ladies' school comes home to  
help make the happiness of the home,  
it is a great gratification for the old  
folks to feel that their children have  
had "as good as the best," and being  
now "educated," they, as well as the  
young people, imagine they have but  
to "go forth to conquer," with the

odds in their favor. Most of these  
young people have learned many  
things. They are interested in many  
things, art, literature, music, golf,  
college athletics, philanthropy, club  
work, etc., and are able to discuss flu-  
ently, and with more or less intelli-  
gence, all the popular questions of the  
day, from the religious down to poli-  
tics.

But one has but to touch upon the  
subject of food values, practical hy-  
giene, and the homely virtues of the  
common kitchen and laundry to see  
how very one-sided their education  
really is. To be sure, they have the  
theory—or, at least, some of them  
have—of domestic science at their  
tongues' end, and can wind the best  
cook in the crowd all into a tangle  
with their scientific treatment of the  
subject; but how many of them can  
go into the home kitchen, and with  
the few homely utensils which have  
served their mothers so long and so  
well, get up a good, healthy meal of  
victuals?

There is no reason why these daugh-  
ters, and even sons, should not know  
something about practical matters of  
this kind. They should be taught to  
apply, as well as recite the teachings  
of chemistry and hygiene, and their  
interest in the homely "home" du-  
ties should not only have been  
aroused, but stimulated and strength-  
ened, and the value of a practical  
knowledge of food and food values,  
and of the hygienic treatment of sim-  
ple, every-day home matters should  
have been duly impressed upon their  
minds.

**The Question of Marriage.**

If these gay, light-hearted girls,  
commonly called "boy-crazy," would  
give as much careful thought to the  
question of marriage as they give to a  
new gown and its trimmings, innum-  
erable sad marriages would be avoid-  
ed. It is the one thing that really  
counts in a girl's whole life. For al-  
most everything else she may do there  
is a remedy; there is none for a luck-  
less marriage. "Oh, yes," says some

**HAPPY DAYS**

When Friends Say "How Well  
You Look"

What happy days are those when  
all our friends say "How well you  
look."

We can bring those days by a little  
care in the selection of food just as  
this young man did.

"I had suffered from dyspepsia for  
three years and last summer was so  
bad I was unable to attend school,"  
he says: "I was very thin and my  
appetite at times was poor while  
again it was craving. I was dizzy and  
my food always used to ferment in-  
stead of digesting. Crossness, unhap-  
piness and nervousness were very  
prominent symptoms.

"Late in the summer I went to visit  
a sister and there I saw and used  
Grape-Nuts. I had heard of this famo-  
us food before, but never was in-  
terested enough to try it, for I never  
knew how really good it was. But  
when I came home we used Grape-  
Nuts in our household all the time  
and I soon began to note changes in  
my health. I improved steadily and  
am now strong and well in every way  
and am back at school able to get  
my lessons with ease and pleasure  
and can remember them, too, for the  
improvement in my mental power is  
very noticeable and I get good marks  
in my studies which always seemed  
difficult before.

"I have no more of the bad symp-  
toms given above, but feel fine and  
strong and happy and it is mighty  
pleasant to hear my friends say: 'How  
well you look.'" Name given by Pos-  
tum Co., Battle Creek, Mich.

Look in each package for a copy of  
the famous little book, "The Road to  
Wellville."