



# The Home Department

Conducted by  
Helen Watts McKee

## Hungry Hearts.

Some hearts go hungry through the world,

And never find the love they seek;  
Some lips with pride and scorn are curled

To hide the pain they may not speak;

The eyes may flash, the mouth may smile,

The voice in giddy mirth may thrill,  
Yet underneath the hardened mask,  
The famished heart is hungering still.

Some know their doom; they walk their ways

With level steps and steadfast eyes,  
Nor strive with fate; nor weep; nor pray;

While there are others, not so wise,  
Are mocked by phantoms evermore,  
And, lured by seemings of delight,  
Go blindly on, but in their hands  
They hold but bitter dust and blight.

We see them gaze with wistful eyes,  
We mark the signs on fading cheek;  
We hear the smothered sob of sighs,  
And note the griefs they do not speak.

For them, no might redresses wrong,  
No eye with pity is imperiled;  
O, misconstrued and suffering long!  
O, hearts that hunger through the world!

For such life's arid desert holds  
No fountain shade, no date-grove fair,

No gush of waters, clear and cold—  
But sandy reaches, wide and bare,  
The foot may fall, the soul may faint,  
And weight to earth the weary frame,

Yet still they make no weak complaint,  
They speak no word of grief or blame.

O, eager eyes that gaze afar—  
O, arms that clasp but empty air,  
Not all unmarked your sorrows pass—  
Not all unpitied your despair!  
Smile, patient lips so proudly dumb—  
When life's frail tent at last is furled,  
Your glorious recompense shall come—  
O, hearts that hunger through the world!

—Selected.

## Home Chats.

Just now the all-absorbing topics of thought and conversation with the majority of women are house-cleaning, spring sewing and gardening. Many of our queries are along these lines, and in order to answer them there must be repetitions, for it is the same "old grind" every season, though we are always on the lookout for the better ways of doing things. One excellent way of gaining a knowledge of better methods is to keep a scrap-book, into which should be pasted any valuable, practical recipe we may have proven, and in this way we can have much knowledge at our fingertips, without having to wait for it.

O O

One of our sisters writes: "Keep on telling the housewives not to try to do everything in one day," and as I sit down to my Chats with you I can but wonder if the "constant drop-

**AN OLD AND WELL TRIED REMEDY**  
Mrs. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle. It is the best.

ping" of admonition will indeed wear away the stone of habit which we must all encounter—and, let us hope, have strength to push aside. House-cleaning, look at it as we may, is hard work; yet some of us make it much harder than there is any necessity for by our extravagance of strength. We are too apt to begin the work with too much enthusiasm; we look beyond the present burden with anticipations of the result, forgetting to take sufficient thought of the sure tomorrow that will find us almost helpless with agonizing back-ache and bruised and overstrained muscles because of our foolish persistence in attempting to do what it was never intended that we should undertake, and which it is almost absolutely certain we never can safely accomplish.

O O

Why need you do all the hard, heavy, dirty work in one day, or even in one week? How much do you save by rubbing and brushing—and generally making worse-looking—the soiled wall paper? The paper, itself, costs but little, and if you cannot afford to hire it hung, you will find it easier to do it yourself than to stretch and strain at trying to clean it by any known method. The easy way is to train yourself and your family to keep the walls nice, and by care, it should, in the least used rooms, last several seasons, and even in the common rooms, two seasons are not impossible. Then, when you are tired of it, the work of replacing it, if you hire the ceilings done, is not an impossible feat for even the most inexperienced. A great many women paper their own rooms, and do it well.

O O

Fresh paint is much cheaper than a "fit of sickness" or a doctor's bill, and much more satisfactory. This, too, is a work that any woman can do as easy as she can scrub and scour. The learning to mix paints is not a lesson beyond the capacity of the ordinary woman, and if it were, the stores are full of the "ready mixed," with explicit directions as to applying the same. It is surely more satisfactory than dabbling about with wet scrub rags and blackened and bruised hands. Then, too, a painted, strained or oiled floor is a long way more economical than the weekly, or semi-weekly strain of the scrub-brush and damp feet, to say nothing of "the looks of things." A pan of water and a clean cloth will serve to wipe up the dust, and even the little folks can learn to do this.

O O

You should not attempt lifting the carpets, or beating them. That is one of the inalienable rights of the man of the house, or the substitute whom he hires. The "father" or big brother of the family enjoy helping you when they realize that it is simply a question with you of having the work done by proxy, or getting down in bed yourself. If "you always have done it," it shows that you are not wise, for if you had not done it the first time, there never would have been a second doing—don't you see? It is well for you to oversee and direct the work, and there are thousands of things which nobody but you—or another like you—can do; and these things must be done by yourself. It is right that you should do what you can, and what you are able to do, but, my dear Madam, there is always a limit, and it is no sign of wisdom in you to go beyond it. Look

out for the easy ways of doing things, even if that means to let some one besides yourself take the job. It pays.

## What We Wear.

From the fibres, silk, wool, linen and cotton, are evolved all the wonderful creations of the fabric maker, and with the aid of the seven primary colors it would seem that his possibilities are almost unlimited. Every season innumerable novelties are thrown upon the counters, and the average shopper buys unthinkingly, because "it" is going to be "the style," with usually very little regard to its suitability either to her purse, complexion or proportions. Many goods are bought simply because they please the eye, strike the fancy, or because some one else has bought of them, and the chief reason we see so many ill-dressed women among us is the utter lack of discrimination as to what is safe or becoming to their individual selves.

The wise buyer knows that at the beginning of the season there are many high-priced novelties that are inferior in grade of fibre to the old goods which sell for much less money and which have been tested as to becomingness and durability, and she knows, too, that as soon as their "novelty," or the craze for them has subsided, they will be a very disappointing possession.

It is an excellent plan for a woman to select one color, or its various shades, known to be becoming to her, and adhere to the wearing of it. In this way, the accessories of the toilet are always sure to agree, and many things left over from one season may be used for another. Everything one has should be of the best, according to her means; a first-class calico or gingham is better than a slazy silk, a good grade of sateen or percale wears much better than a cheap grade of "novelty" goods. If one can afford but one suit, let it be chosen with a view to the uses it is intended to serve, and try to get the best material you can for the money in hand.

Above all, do not go in debt. Either do without, or pay for what you get.

## Query Box.

S. M.—To remove odors from the cellar, whitewash walls and ceiling and sprinkle lime over floor.

Lizzie.—To brighten nickel, moisten with ammonia and apply with a woolen cloth.

Sister Mary.—Bran bread is made by adding bran to ordinary flour in as large proportion as is compatible with the making of good bread.

Mrs. M.—Copious water drinking is especially recommended for those who lead a sedentary life and for woman, "for the stomach's sake."

Cook.—To prevent your warmed-over viands drying up when heated, set the vessel containing them in a pot of hot water; they will heat, and keep moist.

Housekeeper.—For pasting oil-cloth make the paste the same as for paper, only put some glue in (previously dissolved in hot water) while the paste is hot; put paste on both wall and oil-cloth, and proceed as with paper.

Hattie S.—Crumple a newspaper and slightly dampen it, then rub the top of the range with it, polishing with dry paper. This will brighten and clean it. Or, rub the top with a woolen cloth slightly greased.

T. C. M.—After sweeping, let the dust settle, then go over the wood-

work with a cloth very slightly dampened, using a little whiting on the cloth for paint, and for varnish, drop a little turpentine on a clean cloth and polish.

Katie C.—If your carpet is not dusty enough to require taking up, get a pail of luke-warm water to which add liquid ammonia, tablespoonful to two gallons of water, dip a clean old flannel in this, wringing as dry as possible, and wipe the carpet across the width; the dirt and dust will gather in lumps before your flannel and it will need frequent rinsing; the water must be often changed.

Floral Sister.—When your Easter lily is done blooming, keep it growing until the ground is warm enough to put it out in the border; when planting, cover it with at least six inches of soil (the bulb), and it will continue to grow, and will bloom again when well established. It is hardy.

Querist.—Vegetables, fruits, coarser breads and water should be partaken of freely; such vegetables as tomatoes, spinach, lettuce, asparagus, onions, salsify, cabbage and celery are most laxative. The coarser cereals have the same effect. The newest advices are to eat as little as possible, and eat what you like best.

R. J. K.—A good thing to do with gooseberry bushes that bloom and do not bear would be to dig them up and throw them on the brush heap, and replace with some varieties of the sure-to-bear kinds that any good nurseryman can send you. As the season for curing meats is now past, it will be better for you to send stamped, addressed envelope for recipes, or wait until the season comes around again. We will be glad to help you get a start of knowledge.

Goldy.—The cause of your dry, parched lips is most probably some

## HAS A SAY

### The School Principal Talks About Food.

The Principal of a High School in a flourishing Calif. city says:

"For 23 years I worked in the school with only short summer vacations. I formed the habit of eating rapidly, masticated poorly which coupled with my sedentary work led to indigestion, liver trouble, lame back and rheumatism.

"Upon consulting physicians some doped me with drugs, while others prescribed dieting and sometimes I got temporary relief, other times not. For 12 years I struggled along with this handicap to my work, seldom laid up but often a burden to myself with lameness and rheumatic pains.

"Two years ago I met an old friend, a physician who noticed at once my out-of-health condition and who prescribed for me an exclusive diet of Grape-Nuts, milk and fruit.

"I followed his instructions and in two months I felt like a new man with no more headaches, rheumatism or liver trouble and from that time to this Grape-Nuts has been my main food for morning and evening meals, am stronger and healthier than I have been for years without a trace of the old troubles.

"Judging from my present vigorous physical and mental state I tell my people Methuselah may yet have to take second place among the old men, for I feel like I will live a great many more years.

"To all this remarkable change in health I am indebted to my wise friend and Grape-Nuts and I hope the Postum Co. will continue to manufacture this life and health giving food for several centuries yet, until I move to a world where indigestion is unknown." Name given by Postum Co., Battle Creek, Mich.

Ask any physician what he knows about Grape-Nuts. Those who have tried it know things.

"There's a reason."  
Look in each pkg. for the famous little book, "The Road to Wellville."