



# The Home Department

Conducted by  
Helen Watts McVey

**Relief.**

I saw the blade descending, and I cried,  
"Have pity, Lord, and spare me from the blow."  
With all my strength I sought to turn aside  
The cruel thing that threatened me;  
but, no—

The weapon struck and cleft my heart  
in twain;  
Instead of pain I found it gave me rest.  
The throbbing ceased, nor ever came again  
To torture me and burn within my breast.

And now I know that it is best for me;  
The dread is past—I have no more to lose;  
I am secure from harm—bereft, but free;  
God knew I was not wise enough to choose.  
—Isabel Richey, in "When Love Is King."

**Home Chats.**

Nearly every one is talking World's Fair, and the printed pages teem with interesting descriptions and illustrations which only serve to make one the more anxious to "see things" for themselves. Not all the intending sight-seers are experienced travelers, any many of them will find themselves imposed on from start to finish by unscrupulous and dishonest parties, while extortion will be practiced upon them in many ways for which neither the World's Fair managers nor the citizens of St. Louis can in any way be held responsible, and against which every honest person is putting forth earnest protest. For the inexperienced, then, it may be well to say a few words on the subject.

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There will be plenty of room for the coming crowds. Aside from the many fine hotels, both permanent and temporary, and the large Association buildings, tent cities and "caravansaries," there are thousands of boarding houses of every grade of respectability, rooming houses with or without board, and nearly every private house where a room can be spared is fitting it up for "transient" occupancy, with or without meals. The price of rooms in private families, and in many hotels and rooming houses varies according to location, furnishing and style put on. Very comfortable, clean and respectable rooms can be had for from 50 cents to one dollar per day, meals charged for separately at from 15 cents for a very light breakfast to 50 cents or one dollar for the best dinners. The prevailing price, however, for respectable board will average about 25 cents in boarding houses, restaurants and private families. There are hundreds of restaurants and eating houses and luncheries, respect-

**A NOTRE DAME LADY.**

I will send free, with full instructions, some of this simple preparation for the cure of Leucorrhoea, Ulceration, Displacements, Falling of the Womb, Scanty or Painful Periods, Tumors or Growths, Hot Flashes, Desire to Cry, Creeping feeling up the Spine, Pain in the Back, and all Female Troubles, to all sending address. To mothers of suffering daughters I will explain a successful Home Treatment. If you decide to continue it will only cost about 12 cents a week to guarantee a cure. Tell other sufferers of it, that is all I ask. If you are interested write now and tell your suffering friends of it. Address Mrs. M. Summers, Box 169 Notre Dame, Ind.

able and reasonable as to rates, while in a great many rooms one is allowed to do "light housekeeping" in the form of a lunch basket, with an allowance of hot water for tea or coffee making. At the Fair grounds one is allowed to carry a lunch, if not inclined to pay "inside prices."

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Of course, everything will be a little higher-priced than in ordinary times, but one can get reasonable returns for expenditures, whether much or little, if judgment is used. In many private families rooms, clean and comfortable, with or without meals (which must be charged for separately), can be had for 50 cents to one dollar per day, within walking distance of the Fair; if one must economize more closely, there are even cheaper places; but scarcely to be recommended, as one is apt to be associated with several or a score of stranger occupants of the same room, and perhaps bed, and, if one is at all fastidious, one likes to know something of their room-mates or bed-fellow.

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There are a great many room-renting associations advertising rooms in nearly every prominent newspaper or periodical, and nearly all of them are reliable, though some are but agents for evil purposes skilfully cloaked. If you have friends or acquaintances in the city, they will be glad to assist you to desirable quarters, if you ask them, and it is well to have some idea as to where you may "hang up" before leaving home. Having made choice, be sure to have the address of the place to which you are going plainly written on one or more cards, and have it where you can get at it readily on arriving at the big Union Station.

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Do not ask questions of strangers. Seek information only from the uniformed officials of the station, who will doubtless refer you to the public bureau of information close at hand, or, if there is a policeman in sight (where there sometimes is), show him your card and ask him to assist you to find the proper car to take you to your destination, and find out from him, or from the street car conductor whether you must be transferred to another car-line in order to reach your destination and if so, see that you get your "transfer" slip when you pay your 5-cent fare. Don't be afraid to let these officials know you are not used to traveling, and don't hesitate to ask for information of these officials; it is their business and pleasure to aid you. Do not ask, or, if possible not to, accept help from strange, ununiformed people; there are many "parlors" to be walked into by the unwary, whether men or women.

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Do not hire a hack, or a carriage to take you to your destination without first taking counsel with the station officials or the policeman. The street-car system will take you almost anywhere in the city for 5 cents, transferring you to other lines if necessary, but the hack or carriage driver will charge you dollars for the same service. It is well to "travel light," but if you do bring even a heavy satchel, check your baggage from your starting point, and do not engage any one to take it to your lodgings until you have consulted your friends or your host, for a great many irresponsible "transfer" people will charge you exorbitant rates simply because they can enforce them, or hold your baggage

until their charges are paid. Get a guide book from the Fair people, and study it well before you attempt to "do" the Fair.

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If I can be of service to you, and you will enclose stamped, addressed envelope, for reply, I shall be glad to give you such service as I may in regard to rooms and location.

**Soldering Outfit.**

In answer to a Querist, we give the following: A soldering iron will cost from 25c to 50c, and a pound of solder will cost about 25 cents. Get 5 cents' worth of muriatic acid in a wide mouthed bottle, and into this acid drop all the scrap zinc it will dissolve or "eat up," and then add a little more, so as to have enough. Heat the soldering iron (which is made of copper) hot enough to melt the solder when pressed against it, and file about half an inch of the point smooth and bright; apply to this bright point some of the prepared acid with a swab or feather. Put the iron on the solder so as to coat the point well with the tin, and it is ready for use. To mend a hole or leaky place in a tin vessel, if the spot to be repaired is rusty, scrape until bright, brush over it some of the prepared acid and put a small scrap of solder (it may be melted and dropped on the tin by applying the hot iron) on the place, rub the hot iron over it until it runs smooth and adheres, and it is done. Do not allow the iron to get red hot, as this will burn off the coating of tin. The acid is poison, and should be kept in a safe place.

Sweet Potatoes.—Wash and scrape (do not peel) the skin off of six or eight good sized sweet potatoes and put into a kettle with a small quantity of fresh meat (beef or pork), and add one tablespoonful of sugar; cook two hours, or until the water is boiled away, being careful not to burn. Or, cook with the meat until tender, then take out into a shallow pan, sprinkle with brown sugar and set in a hot oven until nicely browned. Or, stew in clear water until tender, then drain, leaving sufficient water on them to make a nice gravy; add a tablespoonful of sugar, butter the size of a walnut, and thicken the water in the kettle with a little flour; let boil up until the flour is cooked, and serve.

**For The Hair.**

For a simple and general tonic for the hair, take forty grains of quinine, half a cup of table salt and one quart of good bay rum; shake well, and use twice daily, applying to the roots of the hair with the finger-tips, or with an old, soft linen cloth.

For removing superfluous hair, it is recommended to use a toilet pumice stone, which is prepared ready for application by druggists; the skin should be soapy, that the steady and persistent rubbing necessary for the removal of the down may not make it sore.

For blond or auburn hair shampoo, get an ounce of salts of tartar at your drug store, dissolve it in a gallon of warm, soft water, and shampoo the head well; use no soap, as the salts makes its own lather. Once in three weeks is often enough, and be sure, always, to rinse it thoroughly.

For dark hair that is oily, a teaspoonful of borax to a basin of water dries it sufficiently; when the hair is light in color, but too dry, a teaspoonful of almond oil should be rubbed

into the scalp after the borax is used, to replace the natural oil without darkening the hair.

For black or brown hair that is dry and rough, nothing can be better than the yolk of an egg beaten in a pint of water; the hair should be first wet all over in warm water, the shampoo rubbed thoroughly into the scalp and every particle of the egg rinsed out of the hair.

Any application which heats the head will eventually destroy the hair follicles and cause baldness.

**Strawberries.**

Strawberries and Cream.—Pick over and wash one quart of strawberries and arrange in a glass dish in layers with sugar sprinkled on each layer. Beat one cup of cream until light, and if it is thick cream, two tablespoonfuls of milk may be added. Beat in a tablespoonful of strawberry juice to give flavor and color, adding half a cup of powdered sugar. Pour over the berries and serve at once.

Jellied Strawberries.—Wash one quart of strawberries lightly if necessary to remove sand; make a jelly from one level tablespoonful of granulated gelatin, or one quarter box, soaked in one-half cup of cold water for half an hour. Add one and one-fourth cups of boiling water and stir until the gelatin is dissolved. Add one cup of sugar, the juice of one lemon, and one orange; strain the liquid over the berries and set away to chill and become firm. When served, turn from the mold and garnish with whipped and sweetened cream.

**Making A Rose Jar.**

Take a common fruit jar (glass) and place rose petals in it to the depth of one inch, then a good sprinkle of salt, then a layer of petals, then salt, and repeat alternate layers of salt and rose leaves until the jar is full, or the petals all used; with a perfectly clean potato masher (wooden) pack them tightly, and screw top of jar on; set in the hot sun. In a few hours they will shrink wonderfully, and will give off a disagreeable odor. Keep adding petals and salt each day until the jar is filled or the petals all gone, and let

**WHAT THE KING EATS****What's Fit for Him.**

A Massachusetts lady who has been through the mill with the trials of the usual housekeeper and mother relates an interesting incident that occurred not long ago. She says:

"I can with all truthfulness say that Grape-Nuts is the most beneficial of all cereal foods in my family, young as well as old. It is food and medicine both to us. A few mornings ago at breakfast my little boy said:

"Mamma, does the King eat Grape-Nuts every morning?"

"I smiled and told him I did not know, but that I thought Grape-Nuts certainly made a delicious dish, fit for a King." (It's a fact that the King of England and the German Emperor both eat Grape-Nuts.)

"I find that by the constant use of Grape-Nuts not only as a morning cereal, but also in puddings, salads, etc., made after the delicious recipes found in the little book in each package it is proving to be a great nerve food for me besides having completely cured a long standing case of indigestion." Name given by Postum Co., Battle Creek, Mich.

There is no doubt Grape-Nuts is the most scientific food in the world.

Ten days trial of this proper food in place of improper food will show in steady, stronger nerves, sharper brain and the power to "go" longer and further and accomplish more. There's a reason.

Look in each pkg. for the famous little book, "The Road to Wellville."