



The Home Department

Conducted by
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Life's Mirror.

There are loyal hearts, there are workers brave,
There are souls that are pure and true;
Then, give to the world the best that you have,
And the best will come back to you.

Give love, and love to your life will flow,
And strength for your every need;
Have faith, and a score of hearts will show
Their faith in your words and deed.

Give truth, and your gifts will be paid in kind;
Give song, and your songs will meet;
And the smile which is sweet shall surely find
A smile that is just as sweet.

Give tender pity to those who mourn,
You will gather in flowers again;
For the scattered seeds of your love thus sown
Will grow, though it seemed in vain.

Ah, life is the mirror of rich or poor,
It reflects what we are and do;
Then give to the world the best you have,
And the best will return to you.

—Selected.

Home Chats.

Among the many letters which come to me these hot, mid-summer days, are some from our isolated friends, asking that literature be sent to them, if any one will be so kind as to spare it. To many of our readers, it is simply a matter of a few cents postage, and a few minutes' time to wrap and address the bundle. To some, the "few cents" is something of a burden, but to many, it is not; and to the lonely woman or man, who, from various causes, may not supply themselves with the coveted book, magazine or paper, it means more than I can tell you. There are men and women in humble homes all over the country who are actually starving for the reading matter that most of us do not know how to get rid of, and the keeping of which only adds to our daily toil. If these printed pages might be gathered together by some association of bright young girls who are longing to do good, and sent out to the lonely mother who is bravely struggling to help win a home for herself and her children in some far-away farm region, there is no measuring the good that might flow from it.

One of the letters which I have received will speak for all the rest; these women do not like to ask for these favors, fearing reproach may fall upon them. Here is the extract: "When you mentioned the matter in The Commoner some time ago, I felt that it was too much like begging to ask for such favors; but I have become so hungry for something to read that I would be glad if I can get almost anything. I would be thankful for any reading matter that could be read in the family." Another, an invalid, and evidently a gentleman, though he forgets to send his name, says: "We would be more than thankful if we might have a few of the daily papers—either side, politically, so they contained the news of the world—that are thrown down every day in the offices or the homes, after being read. No wonder the farmer is ignorant, or that his family grows up illiterate; we are not able to buy

papers or books, because of crop-failures, and constantly changing values of the only salable things we have."

I wonder if some bright girls or women, longing to do good in the world, and to help the helpless, could not form a society, whose object it would be to gather up these many useless publications—useless, because, having been read, the reader has no further interest in them—and let it be known that they will send them out to those wishing them, that names may be sent to them.

What do you think of it, girls? Remember, "It is blessed to do good."

Weak Eyes.

"Sadie" asks for the cause of weak eyes. J. E. B. asks for a remedy for same. Both these questions would better have been asked of the family physician. As for the causes of weakness of the eyes, they are many; in most cases, the trouble is but symptomatic of derangement in some other quarter, and the treatment should be constitutional, as well as local. In other instances, the trouble arises from over-use, abuse, or intemperance in some form, either bodily habits or dieting. Then, too, the need of glasses—and in these days, one does not have to be old in years to need artificial aids to vision—or the wearing of badly-adjusted frames and ill-suited lenses, is very harmful. Unhygienic habits in those of either sex will often injure the vision, if not induce disease, and there are also causes of heredity to consider.

The remedy, other than that which the oculist will employ by proper glasses, etc., must generally be sought in improved general health, or in the removal of disease from other organs—which any physician will tell you results disastrously to the eyes. It is best to consult the best medical authority, if the weakness is stubborn, or of long-standing.

One of the simplest, and often effective treatments, and which will not harm, if it does not benefit, is to bathe the eyes often in cold tea, in which a little table salt has been dissolved—a scant teaspoonful in a pint of the tea. Another is, into one pint of boiled (sterilized) water, put one teaspoonful of table-salt and one teaspoonful of powdered borax, let dissolve, and bathe the eyes frequently with the solution. If the eyes secrete a slight mucus, have this solution pretty warm, and bathe, dropping some of it into the eye with a dropper. This is excellent, both strengthening and healing. Another remedy, recommended highly, is a bath of witch-hazel; the witch-hazel bought at the ordinary department store is not too strong, but a druggist will be apt to give you a better article, which will have to be diluted. The witch-hazel will be apt to "smart" the eyes for a little time, but will soon stop hurting.

Fashion Notes.

House jackets are recognized as being among the must-haves by women who would keep at all comfortable during the hot months. They may be made of the pretty new cottons, linens, and later, of challies, cashmeres, French flannels and other suitable fabrics. They may be trimmed with frills or ruffles of the material, laces, embroideries, wash ribbons, etc., and are exceedingly dainty and cool looking.

Flounces of all sorts are much in

vogue, and among the most fashionable are the shirred ones that fall in soft, becoming folds. For these shirred flounces, the skirt may be shirred at the hip and back to harmonize with the flounce. Flounces slightly circular are also still popular, and are seen on many gowns too heavy for shirring or tucking.

In pongee, the loose coat comes with the drop yoke to which the lower part is generally shirred or plaited on. Where they are plaited to the deep yoke, a collar falls in bertha-fashion over the yoke. They are easily made at home, the fit being very loose. The loose coat comes in silk, pongee, and lace, but in linen, with the white linen or duck skirt, it is most worn. The cut varies considerably, half-loose, loose, Norfolk and belted. They are all lengths, from hip to skirt-bottom. White linen coats and white serge skirts are very fashionable.

The summer coat for the little maid of eight to ten years is very simple and practical, and vary in length from the reefer, three-quarter, to full length. A white box-coat suit for a girl of fourteen to eighteen is one of the most sensible of summer fashions, as they launder easily, are cool, and coat and skirt may be worn separately.

With a denims frock and sandals, the average child is able to enjoy life in good earnest. Half-hose are worn by both sexes. Checked gingham wear for the children is both sensible and pretty.

Skirts for the ages when worn above the shoetops are pretty with two or more kilted ruffles. These may be used to lengthen or to remodel the skirt, the kilted portion being laid on in very wide, shallow plaits and the ruffles, averaging from five to ten inches in depth, are often put on organdies, dimities, or like fabrics, with the tiniest headings, which give them a pretty fluffy effect, and make the skirt appear very dressy. A pretty way to make up a skirt of figured material is to use plain white goods as ruffles.

Materials, and good ones, can be found to suit all purses. Materials at from twelve to twenty-five cents a yard will answer all practical purposes, and will make up pretty enough for anyone to wear. An exceedingly sensible thing for a girl to do is to take a course in dressmaking and plain sewing. The knowledge thus gained may be of incalculable advantage to them later in life, or even during their early years when seamstresses and dressmakers are hard to get and expensive to keep.

Linens, piques and ducks should always be well shrunken before they are made up, and even then they can not be relied on implicitly, as they sometimes shrink from subsequent washings and, in some cases, if not cut true, lengthen. It is important, therefore, to have a broad hem, instead of a facing, for lengthening in case of too great shrinkage.

Query Box

(Several queries are answered in another column under heading.)

Troubled Girl.—Many thanks for the kind words. In another column I give you cucumber creams for the complexion, formulated by an expert.

A Reader.—The redness of the nose is symptomatic of some derangement of other bodily organs, presumably the digestive; a physician should ad-

vise you. Of course, you do not use intoxicating liquors?

"Always Tired."—Read a physical culture magazine, and try, by physical exercises, to regain your lost strength, but be careful not to overdo at first. I can not give you necessary directions.

Annie.—An excellent thing to have in the kitchen is a little meat-chopper, which will cost you, perhaps, \$1.50. A cheap one is a poor investment, as the knives will be of iron, instead of steel. Fragments of meats, and vegetables, cooked or raw, can by it be made usable, and save waste.

H. M.—Meat salads and some vegetables, are to be dressed with mayonnaise; green vegetables are usually treated with a French dressing; green vegetables wilt if left long in the dressing, but fish, eggs, and meat salads should be marinated. Any good cookbook will give you reliable recipes for salad dressings, but they must be made right, to insure success.

Mrs. S.—Keep your "World's Fair" recipe books. The recipes in the little pamphlets given out by the various exhibitors are to advertise their goods, or kitchen conveniences, and are carefully selected or written direct by the best culinary experts. They have the added attraction of costing you nothing.

Juliette.—You can not have "nice things" unless you use the best ingredients (not necessarily the most expensive), and are willing to take much pains with them. If you fail at first, try to find where you made the mistake, and then try again. As you are inexperienced, I would advise that you make but a small quantity at a time, until you have the practical, as well as the theoretical knowledge.

Leslie.—Do not re-cook your "left-overs"; they should be merely reheated, and this is best done, if you happen to have one, in a steam-cooker; if you have not, set the dish containing the prepared viands in a pan, or vessel, of water, and bring the water to the desired heat, covering to keep in the steam, on the principle of a double boiler, if the food is to be quite moist, but, if desired dry, leave the vessel open, letting the steam escape.

Wasache.—A complexion expert insists that black heads arise from a dirty condition of the skin, and its best remedy is a thorough scrubbing of the offending parts with some pure soap and hot water, which will remove the sebaceous matter from the pores. The scrubbing should take place just before retiring, and a little good cold cream should be rubbed in, or, if you wish to fatten the face, a skin food of reliable make may be used. It should not leave your face greasy.

Maidie.—I am not a complexion specialist, and can only give you recipes which are recommended to me by one. Here is a good lotion for pimples: Carbolic acid, fifteen drops; borax, six grains; glycerine, four drams; tannin, thirty grains; alcohol, one ounce; rosewater, two and one-half ounces. Shake well together, and apply at night after a thorough washing with some pure soap and water, and in the morning after the ordinary ablutions. Give attention to your diet, also.

L. R. H.—Answered you by mail, but as others have asked your question, I answer here. To prevent the mold, when your jelly has cooled in the glasses, pour into the little hollow on top melted paraffine wax, covering the jelly about a quarter to half an inch with the wax. Jelly does not need to be sealed, and should be kept in a cool, dry place. Small receptacles, such as glasses, or small dishes should be used, that only the quantity used shall be disturbed at one time. If the glaze which forms over the top is broken, it is liable to spoil. If the mold has not progressed too far, the jelly may be re-heated (by setting in