



The Home Department

Conducted by
Helen Watts McKee

The Heroic Soul

Be strong, O, warring soul. For very
sooth,
Kings are but wraiths; republics
fade like rain;
People are reaped and garnered as
the grain,
And only that persists which is the
truth.

Be strong, when all the days of life
bear ruth
And fury, and are hot with toil and
strain;
Hold thy large faith and quell thy
mighty pain—
Dream the great dream that buoys
thine age with youth.

Thou, like an eagle mewed in sea-
stopped cave,
Art poised in darkness with victor-
ious wings;
Until the tide has drawn the warder-
waves,
Keep night between the granite and
the sea.
Then, from the portal where the
ripples sing
Burst thou into the boundless morn-
ing free.

—Selected.

Christmas Presents

A great many pretty, useful and
valuable articles for the holiday giving
may be made at small expense of
money, if one is skilled ever so slight-
ly in the use of needles. All kinds of
hand-sewing, fancy-stitching, em-
brodering and like work, are very
popular, and what the sewing needle
can not do, the knitting needles, cro-
chet hook and tatting bobbin can ac-
complish. There is no end to the uses
that can be made of yarns, silks, cot-
tons, linens and their imitations, in
the fashioning of pretty and service-
able things, if one has a little taste,
a little skill and a little money. Odd
ends of laces, ribbons, silks, velvets,
muslins and mercerized goods work
up well, and for their uses there are
designs to suit both the purse and the
size of the scrap. Endless souvenirs
are to be gathered, and many "ten-
cent" stores show things well worth
buying, and worth fully the price asked
for them. It is not always necessary,
or even advisable, to buy articles in-
sured to "last," for many things that
are extremely ephemeral serve the pur-
pose just as well, so they are pretty
and attractive at the start. As a ver-
ification of this truth, see the abundance
of advice and directions, in the various
household publications, on the subject
of how best to get rid of the superflu-
ity of gifts, many of which only serve
to clutter up the house, because "one
hates to destroy anything so good,"
but find them a real trial to retain.

Query Box

Mrs. M.—Answer given in another
column.

Busy Bessie.—Almost any old book
will do for the scrap-book, if you will
remove every second and third leaves
to make room for the scraps pasted in.

Mrs. H. M.—It would be a good plan
to cut out and preserve any recipe
that you know is good. A home-made
recipe book is invaluable.

Frank J.—The poem is too long for
this department. A great many books
of really good authors can be had in

cheap form, and with care, will last for
years.

Discouraged.—The very first element
of success is courage. Anything worth
having is worth striving for, and the
struggle itself will give you strength
for the fray. It is just hard work.

S. R.—Lime in the eye should be
washed out quickly with equal parts
of vinegar and water, by squeezing
drops on the eyeball and letting it
run off. Then place a soft pad soaked
in vinegar over the closed eye and
secure it to the head by a bandage.

Mabel L.—With white woodwork
may be used self-green paper, either
perfectly plain, or with just the sug-
gestion of a stripe running through it.
Above it may be a frieze with a de-
sign of field poppies on an ombre-
green ground. Curtains of softly-hang-
ing cream casement cloth may be used.

H. S.—Walnut oil is made from the
kernels of the walnut; as a dye for the
hair, it is used once a week for some
months, rubbing it well into the scalp.
Walnut dye is made by boiling or
steeping the inner bark of the walnut
tree, and wetting the hair with the
decoction. It is not very satisfactory.

Mrs. J. B.—To take out tea or coffee
stains, first soak the article in cold
water, then spread glycerin over the
stain and leave it on over night, then
wash as usual. To remove vaseline
stains, have a cup or bowl handy, then
pour a few drops of ether or chloro-
form on the stain and invert the bowl
or teacup over the stain immediately
to keep the fumes from evaporating,
and let stand so for some hours.

Annie M. R.—There is a waffle iron
made purposely for use on a gas stove.
The iron sets on a frame raised high
enough to admit of its being turned
without lifting. A common waffle iron
may be used on a gas burner by having
it fit closely to the opening over the
burner, and in turning, lift the iron so
it will swing clear of the stove, but it
is considerable trouble. Do not wash
the inside of the iron with soap and
water; scald with clear, boiling water
when in need of a thorough cleaning,
but usually, if care is taken of it,
simply wiping the inside with tissue
paper will be sufficient.

"We older children grope our way
From dark behind to dark before,
And only when our hands we lay,
Dear Lord, in Thine, the night is day,
And there is darkness never more.

Reach downward to our sunless days
Wherein our guides are blind as we;
Where faith is small and hope delays,
Take Thou the hands of prayer we
raise,

And let us feel the light in Thee."
—Selected.

Accessories

For those who can not afford to buy
the many charming accessories so dis-
tractingly displayed in the shop win-
dows, there is a comfort in the thought
that much of it may be made at home
from small scraps left from garments
of silk, linen, or cloth, with the aid
of a few beads, buttons and bright or-
naments, if one studies the pattern
closely enough to make a success at
imitating. It is not the material which
costs, but the skillful handling and
the exercise of taste builds up the price
most startlingly.

Large Families

This, from Good Housekeeping, is
but an expression of sentiments which
find a lodgement in the minds of our
best thinkers:

"Two clippings lay side by side on
the editor's desk, cut from newspapers
which arrived in the same mail. One
recorded the gift of a sum of money
from the president of the United States
to a baby, the twentieth child born to
his parents. The other pictured in
distressing detail the condition of a
laborer, his wife and their nine chil-
dren, found half-starved in their squal-
id home. The state board of charity
placed four of the nine children where
they could earn their keep or have
needed comforts, while the municipal
authorities provided cash for the im-
mediate needs of the other members of
the family. To bring into the world too
many children is a crime against the
children themselves, and against the
community; the broken-down physique
of many a mother, often in a well-
to-do home, cries out against artificial
stimulus to large families."

The least a child is entitled to is to
be born with a sound constitution, phy-
sical and mental, and this can rarely
be bestowed where the mothers are
physical wrecks through too often re-
peated maternity, and the father wor-
ried and exhausted physically and
mentally through trying to keep a
roof over the heads and bread in the
mouths of the too numerous progeny.
I have in mind several families whom
I have known, where the children num-
bered near the one score mark, and
in every instance, out of the whole
lot, there was but perhaps two or
three that rose above the surface of
extreme mediocrity, and the majority
were fully submerged in the ocean of
the "great army below even this, prin-
cipally because of the fact that the
parents were not able to give them
even the common necessities and
privileges, and they had to go out
into the world at an extremely ten-
der age, to help swell the family ex-
chequer, instead of being put to school
or learning some useful trade.

Let us have better children, even
if fewer.

"Fried Things"

We are often told that "fried things"
are not fit to eat, but if proper care
is taken in the frying, there is lit-
tle ground for complaint. If the fat is
properly heated and used at the right
temperature, very little is absorbed by
the food, and the same fat can be
used several times over if care is taken
not to scorch it, and to properly clar-
ify it before putting it away. Frying
means immersing in hot fat, and the
fat should be deep enough to cook
all parts of the food at once—not the
little dab which scarcely greases the
skillet, which invariably scorches and
burns the food material, or cooks it
so slowly that its natural juices flow
out and the remnant of grease flows
in. The fat must be hot, smoking
hot, but not so hot as to scorch, when
the food is put into it, as the addition
will cause it to cool somewhat, and
the idea, especially with meats, is to
sear the outside so as to confine the
juices, after which it may be cooked
slowly until done, but not so slowly as
to allow the fat to soak up. As soon

as the food is removed, the fat not
wanted for making gravy or a sauce
should be poured off through a grease
strainer into a clean vessel, or other
skillet, and before being put away,
should be re-heated and a few slices
of Irish potato dropped into it and al-
lowed to fry until brown, when, after
being allowed to cool somewhat, the
fat should be poured into the grease
can or jar, leaving any sediment that
remains in the bottom of the kettle in
which it was cooked.

For Our Girls

The first reason why women fail as
wives is because marriage has never
yet been esteemed one of the learned
professions which only a highly quali-
fied individual is fitted to practice.
On the contrary, it is held to be a
kind of jack-leg trade that any girl
can pick up at a minute's notice, and
carry on successfully without the
slightest previous knowledge or train-
ing. No girl would be conceited
enough to think that she could prac-
tice medicine or law or dentistry with-
out devoting years to its study. She
wouldn't even dream of hiring out as
a stenographer without first learning
how to make pot-hooks, but she blithe-
ly and cock-surely tackles the most
difficult and complicated job existing
—that of being a wife—on the falla-
cious assumption that a knowledge of
how to manage a man and make him
happy and comfortable comes to a
woman by inspiration, and not through
preparation.

When the average girl marries she
does not even know how to make a
man physically comfortable, and yet,
unromantic as this may seem, the very
foundation of domestic happiness has
to be laid in bodily ease. Nobody can
be sentimental on an empty stomach,
and bad cooking will kill the tenderest
affection in time. Love is choked to
death on tough steak as well as slain
by unfaithfulness, and many a young
husband's illusions about his bride
have been drowned in watery soup.
The first inkling that young Benedict
gets that his Angelina is not all his
fonderest fancy painted her, and that he
has missed his affinity, is when he has
to sit down to ill-cooked and ill-served
meals; and you may be very sure that
if there were no bad dinners there
would be precious few men wandering
away from home. * * * To be a
good wife is not an easy task. It is
one of the most strenuous undertak-
ings on earth. It requires labor and
skill and care and tact and unselfish-
ness, but it is the kind of service a
woman agrees to give when she gets
married. If she doesn't like the price,
she can stay single.—Elizabeth M. Gil-
mer, in Twentieth Century Home.

Girls, don't pick out a man for a
husband simply because you love him;
the more important thing is whether
he loves you. A woman who loves
her husband better than he loves her
is a door-mat on which he treads; if
he loves her better than she loves him,
he looks up to her as a goddess, and
spends his life trying to win her favor.
A too adoring wife bores a man with
her affection, but no woman ever had
enough love given her, and the more
affection a man lavishes upon her, the
stronger the claim he establishes. After

A NOTRE DAME LADY'S APPEAL.

To all knowing sufferers of rheumatism, wheth-
er muscular or of the joints, sciatica, lumbago,
backache, pains in the kidneys or neuralgia
pains, to write to her for a home treatment
which has repeatedly cured all of these tortures.
She feels it her duty to send it to all sufferers
FREE. You cure yourself at home as thousands
will testify—no change of climate being neces-
sary. This simple discovery banishes uric acid
from the blood, loosens the stiffened joints,
purifies the blood, and brightens the eyes, giv-
ing elasticity and tone to the whole system. If
the above interests you, for proof address Mrs.
M. Summers, Box 169, Notre Dame, Ind.