



The Home Department

Conducted by
Helen Watts McKelvey

Always the Best

Some days may be gloomy, some days
must be sad,
But everywhere, always, some hearts
must be glad;
For true is the saying, proclaimed by
the seer—
"Each day is the best day of some-
body's year."
Each day finds a hero, each day helps
a saint;
Each day unto some one brings joy
without taint;
Though it may not be my turn, or
yours, that is near,
"Each day is the best day of some-
body's year."
The calendar sparkles with days that
have brought
Some prize that was wanted, some good
that was sought,
High deeds happen daily, wide truths
grow more clear,
Each day is the best day of some-
body's year.
No sun ever rises but brings joy be-
hind;
No sorrow in fetters the whole world
can bind;
No matter our fretting—no matter our
fear;
Each day is the best day of somebody's
year. —Selected.

Home Chats

The first hint of springtime which
the city dwellers have is the impos-
sibility of getting their supplies, food,
fuel, etc., delivered on time, as the
side streets are practically impassible,
and the drivers have to carry their
load by piecemeals on their own
shoulders, to the customers living
away from paved thoroughfares. The
poor horses have to sweat and steam
and struggle as far as it is possible
for them to haul the wagons, and are
then left to take cold while their driv-
ers deliver the goods on foot and in-
dulge in "saying things."

Especially does it appeal to one's
sympathy to watch the patient horses
struggling through mud up to their
knees, with the wagon wheels im-
bedded up to the hubs and almost "un-
draggable," to coin a word, while the
irritable driver whips and lashes them
out of all reason. Swear? I should
think so! And the pity of it is that
neither the swearing or the lashings
do one bit of good, for the poor ani-
mals simply can not get along. They
would do just as much work for kind
words.

The first hint the housewife has of
the "breaking up" of winter is when
the sun comes out some fine day and
shows her how dirty her house really
is, despite the fact that she has worn
herself out trying to keep things im-
maculate. The awful fact that things
must be torn up and treated to a dose
of renovation dawns on her in an over-
whelming flood of light, and the min-
ute she begins, the warm, delicious
sunshine woos her out to the yard
where she finds her neighbor awaiting
her, and the first thing she realizes is,
that it is dinner time, and the beds

A NOTRE DAME LADY'S APPEAL.

To all knowing sufferers of rheumatism, whether 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 necessary. This simple discovery banishes uric acid from the blood, loosens the stiffened joints, purifies the blood, and brightens the eyes, giving elasticity and tone to the whole system. If the above interests you, for proof address Mrs. M. Summers, Box 169, Notre Dame, Ind.

not made, while she has spent the golden hours drinking in the sunshine and deciding what gardening she is going to do!

There will be more delicious morn-
ings, plenty of them, and if she has
thought to toss the bed clothes over
the chairs and opened all the windows,
there will be nothing lost by her ab-
sorption of the sunshine and sweet
air. If she will do this often enough,
she will laugh a little oftener, and
believe all the stronger in the good-
ness of the world about her, and the
strength the air-bath brings her will
enable her to do more work in less
time, and in a thorough manner than
by any other means. I want to pre-
scribe all possible of sweet air and
sunshine, and—do take the medicine!

Floral Chats

Every one who saw them, last fall,
in the west end of the horticultural
building at the exposition, will re-
call how very beautiful were the glad-
iola blooms so lavishly displayed in
that department. The bulbs are so
cheap, and so easily grown, and, after
ripening in the fall so easily cared
for, that every garden should have
a spot devoted to them. A few bulbs
may be started early in the house, to
be turned into the ground without dis-
turbance the roots as soon as it is warm
weather, while others may be planted
out doors at intervals until the middle
of June or the first of July, thus pro-
longing the bloom period until late
in the autumn. Eight to a dozen
should be set in a close clump, about
five inches deep, and a central support
may thus serve for the whole of the
flower stalks by a tasteful tying up
with a crinkled wire or suitable strings.

Tea roses should be planted—a dozen
of them, at least. Many of our best
florists sell a dozen for one dollar,
and the plants come to you by mail
perfectly fresh and growing, and with
a little intelligent care in planting
out, will start into growth with very
little, if any, wilting. And there are
few things more beautiful than a tea
rose bush covered with blooms. Many
of these are nearly hardy, and they
may be had in all colors and shapes.

If one has no garden or ground
which can be devoted to flower grow-
ing, a window box will be a joy as
long as it lasts—or rather, as long as
it has care; and it takes but a few
minutes each morning to water and
stir the soil with a table fork. Vines
may be grown in these, and trained
over the windows, and thus, no mat-
ter how little of the earth you may
control, you can still have beautiful
things about you.

It is fully time for a careful read-
ing of the catalogues, and for listing
and sending out an order for these lit-
tle sisters of the sunshine. One can
not be wholly unhappy, or lonesome, if
she have even a single, thrifty plant
to which to bring her "blue hours."

Too Big a Price

A woman who can find no time to
read, to take a reasonable amount of
out-door exercise, or to mingle in the
mental and spiritual life about her,
should pause long enough to take stock
of herself and determine "where she
is at." In such a case, something must
be radically wrong, and a righting
must be undertaken, else the wife and
mother will find herself disregarded
by her family and friends for the very
things she has set herself so religiously
to do for them. The question of es-

entials and non-essentials should be
brought up, and a correct sense of
values arrived at in order to deter-
mine what must not and what may
be neglected.

The things pertaining to bodily com-
fort and necessary thereto are far few-
er than most of us are willing to ad-
mit, and we are apt to purchase sup-
posed essentials at far too great a cost.
Nothing is worth the loss of temper,
and when one works until the over-
taxed nerves rebel or break down into
fretfulness and nagging, it is paying
too great a price—nothing is worth
such cost. If it were put to a vote, I
am sure our families would unani-
mously declare that they would much
rather spare much service which they
have been taught to regard as essen-
tial to the bodily well-being, and in its
stead have the companionship and
sympathy of a cheerful, good-natured,
restful home-maker. The home should
stand higher than the house, and,
while it is well that the house be
comfortably clean and the temporal
affairs kept in smooth running order,
the gude wife should give attention to
the higher and better side, which ex-
pands the mind and refines the spirit.
It has always been a source of comfort
to me to remember that, while Martha
called the dear Guest's attention to her
"much serving," he did not chide Mary
that she "chose that good part," which
could not be taken away from her.
Let us make friends with the best side
of this life, while keeping faith with
the grosser needs.

For Papering Whitewashed Walls

For any cracks in the plastering, if
the walls be sound about them, wet up
a little plaster of paris, and apply to
the cracks with a limber knife blade;
the plaster of paris sets quickly, and
you must work fast, but if wanted to
set more slowly, wet it up with vine-
gar—the stronger the vinegar the slow-
er it hardens. When the cracks are
filled, rub off until smooth. If the
plaster is unsound, it is better to pull
off the loose portion and have it
"patched." If the whitewash "scales"
off the wall, remove all you can rub
off. Make your paste of good flour,
strain any lumps out of it, prepare
your paper, and with a pasting brush
wet the walls you wish to paper on,
and let it get dry; then, when you wish
to apply the paper, wet both the wall
and the paper with the starch, and
apply the paper. This is an inexpen-
sive way, and it is claimed to be ef-
fective. The starch must be of good
quality.

For the Toilette

The time was when cold cream was
used only in the event of chapped lips
or rough skin, or to cure "cold sores,"
but now it is used habitually by the
up-to-date woman when she is about
to retire, to keep her face smooth and
unlined. An excellent preparation for
this is made as follows: Oil of sweet
almonds, three ounces; white wax,
five drachms; honey, one ounce; rose-
water, ten drachms; tincture of ben-
zoin, two drachms; essence of rose, one
drachm. Melt the wax and add the oth-
er ingredients slowly, mixing thor-
oughly. The benzoin must be added
drop at a time, to prevent curdling.
The face should be well washed in
warm soap-suds, using only a pure
vegetable oil soap, to remove all the
dirt deposited during the day, and
dried with a soft towel, pressed, not

rubbed over the flesh. While still warm,
apply the cold cream, softly rubbing
it into the pores of skin, which have
been opened by the warm bath. Do
this at night.

Any woman who lives in the coun-
try is to be envied by her less for-
tunate sisters of the city, for she may
have what money can scarcely buy—
pure air, clean, fresh, unadulterated
rain water and pure sweet milk and
cream. These are two of the most ef-
fective aids to the keeping of a beau-
tiful complexion, if intelligently used,
and these can rarely be had in the
city. Milk is shamefully adulterated,
while the rainwater is foul with the
washings of the dirty atmosphere of
the dirty city.

Every woman who wishes to be beau-
tiful should count herself lucky if
part and parcel of the country where
milch cows and farm cisterns abound,
for there is nothing equal, in the way
of a beautifier, to clean rain water and
pure cow's milk for the bath, or used
internally.

Women are to be commended for
wishing to be as pleasing to the sight
as possible. A woman who is habitu-
ally careless as to her personal appear-
ance is certainly not an attractive
sight, and an untidy head of hair or
unclean hands and face is certainly
deplorable, no matter what the work
a woman may be engaged in. "The mis-
hap of the moment," is excusable, but
an habitual indifference to her looks is
anything but a sign of good sense, to
say the least. Do not be ashamed to
try to keep your good looks, no mat-
ter what may be said of it.

For the Laundry

"A Professional Laundress" says:
Wash and dry your tablecloths and
napkins and, instead of starching and
sprinkling each piece, as it is ready to
be ironed dip it into boiling water,
run through a wringer tightly set and
iron quite dry. This will give a beau-
tiful gloss and just "body" enough to
prevent limpness. Napkins should be
ironed full size and loosely folded by
hand—no creases being ironed in. Ta-
ble cloths for ordinary use may be folded
once loosely and rolled on a large
roller, the fold being ironed out when
needed.

For cleansing delicate colored fab-
rics, grate two medium sized potatoes
into a bowl containing a pint of clean
cold water; strain carefully through a

EASY CHANGE

When Coffee Is Doing Harm.

A lady writes from the land of cotton
of the results of a four years' use of
the food beverage—hot Postum Coffee:
"Ever since I can remember we had
used coffee three times a day. It had
a more or less injurious effect upon us
all, and myself suffered almost death
from indigestion and nervousness
caused by it. I know it was that, be-
cause when I would leave it off for a
few days I would feel better. But it
was hard to give it up, even though I
realized how harmful it was to me.

"At last I found a perfectly easy way
to make the change. Four years ago I
abandoned the coffee habit and began
to drink Postum, and I also influenced
the rest of the family to do the same.
Even the children are allowed to drink
it freely as they do water. And it
has done us all great good. I no long-
er suffer from indigestion, and my
nerves are in admirable tone since I
began to use Postum Coffee. We never
use the old coffee any more. We appre-
ciate Postum as a delightful and
healthful beverage, which not only in-
vigorates but supplies the best of nour-
ishment as well." Name given by Pos-
tum Co., Battle Creek, Mich.

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