



# The Home Department

Conducted by  
Helen Watts Meyer

## At Fourscore

Call her not old, although the flight  
of years

Has measured off the allotted term  
of life!

Call her not old, since neither doubts  
nor fears

Have quenched her hope through-  
out the long, long strife.

They are not old, though days of  
youth have fled,

Who quaff the brimming cup of  
peace and joy!

They are not old who from life's hid-  
den springs

Find drafts which still refresh but  
never cloy!

For what are years, though flying  
ne'er so fast?

A year's a day if full of glad some  
zest!

But who shall measure time, when  
hopes are past?

A day's a year if sorrow is the  
guest.

The secret of perpetual youth is  
hers

Who finds delight in deeds of kind-  
ness wrought;

No age can dim the lustre of her  
crown

Whose days with loving ministry  
are fraught.

Peace to her, then! a calm, unruf-  
fled peace!

Until her pilgrimage at last is  
o'er!

Until the Father's summons calls her  
home

To greet the dear companions gone  
before!

—F. E. Snow in the Outlook.

## Forward, March!

"About these days," look for the appearance of the house-cleaning microbes, for with the rising of the March winds, the creature invariably comes to very active life. To add to our discomfort, there will appear in print a surfeit of more or less (generally less) practicable advice concerning how things are to be done; much of this advice will bear the unmistakable ear marks of the "master's" hand, and the well-seasoned housewife will readily see that the pen which traced the lines was never dipped in the ink of experience. Generally, the editor who "accepts" or selects the articles is a man and brother whose only knowledge of the work lies in the fact that, in his home at least, it is a time of domestic upheaval, displacement and disorder which somehow gives him the singular feeling of not being at home in his own house—an alien, misfit, or nondescript who really don't know "where he is at."

House-cleaning time is not so very pleasant, even to the housewife, but it is one of the inevitables of which we must make the best we can. A favored few, especially in the city, can call in the compressed air machine, or put the job into the hands of the professionals; but the majority of us must go at it in the good old way, in a regular hand-to-hand contest with the whole year's list of damages. There are a great many "don'ts" to be insisted upon, and the wise woman must know as

much about the negative side of the business as she does about the active. It is well to know when we have done enough.

Do not be in too big a hurry to get the work underway. Let the weather get fairly well settled before the general turning inside out is inaugurated; but there are many things that should be undertaken now, and the early doing of which will greatly simplify the wider work that must come later. Get the gude mon to go through the cellar, cleaning out all tag-ends of the winter vegetables, etc., and sorting over such as are still on hand. Sweep the ceilings and walls, and get everything ready for the whitewash brush, and don't be afraid to use the lime freely in all possible parts of the "storage" room. Then, too, there are many bits of mending, in the way of broken hinges, sagging doors, useless fastenings, broken or loosened furniture, and things calling for more skill with tools than the average woman possesses, and these too should have the attention of the husband. Wherever there is a garret, closet, store-room, or storage boxes or barrels, there is work for the short days that precede house-cleaning. There is sure to be a store of old papers or magazines which needs overhauling and sorting out of the good from the useless, and a day spent among them, sorting, clipping and pasting into scrap books, will not be wasted. There will be many demands for old, waste paper when the house-cleaning really begins.

## For the Seamstress

When cutting a bias ruffle, the work may be done more satisfactory by cutting a bias strip of the goods four times the width desired for the ruffle; then, place the cut edges together carefully and baste with rather long stitches, then run a hot flatiron over the fold; cut the goods in the fold, and double, baste and press each half, and then cut as before. This will give you four strips, even-edged and the right width for the ruffle.

Our best dressmakers condemn the practice of fitting the bodice on the person wrong side out, for two reasons: First, the body fitted is seldom equally developed on both sides, and what will fit one side, on being turned right side out will not fit the other; thus, the waist will fit badly when finished. A second reason is that the seams take up a certain amount of room, and after a bodice is fitted with the seams outside, the finished waist will fit a trifle too snug.

In marking perforations with chalk, it is well to remember that the chalk marks are but temporary, and must be at once replaced with what is called tailor's tacks. By this means, the marks are made through both thicknesses of cloth and each side is marked exactly alike. Thread a needle with a long end of basting thread and use it double. Run the needle through the perforation, catching both sides of the cloth, and cut off the thread, leaving about four inches in the cloth. Make a knot in both ends of these lengths. Treat every perforation in this way, and when done, very gently separate the two pieces of cloth and cut the thread in the center. This leaves a piece of thread to mark each perforation. If tucks are to be made, a "straight-edge" may be laid along these threads and a pencil or chalk

mark drawn the length of the tuck. By this means, the tuck can be folded on the mark, true to the pattern.

## Stimulants and Tonics

A writer in Good Housekeeping says: "In regard to coffee, it is a difficult question as to whether it is harmful or not. For some people, especially those who lead an active life, a cup of coffee in the morning does no harm; for others, especially those of sedentary habit, the daily cup of coffee is a constant and harmful stimulant to the nerves. When a person begins to depend upon coffee to brace him up and get him properly started for the morning, he may be fairly sure that coffee is really harming him by false stimulation. Between breakfast and luncheon a glass of milk, or a cup of beef tea or broth, and a cracker, should be taken." An excellent tonic is a cup of hot chocolate, or a cup of some one of the malted milk preparations. Something of this kind is not only stimulant, but a tonic as well. Cocoa, from which the over-abundant oil has been extracted, is better than chocolate. A cup of very hot milk, or of equal parts of milk and water, sipped leisurely, is strengthening without undue stimulation. When one feels exhausted beyond another thought, with the head hot and aching, to wring a towel out of very cold water and wrap it about the head is of very great service to some persons, clearing the brain and relieving the nerves. One of the very finest stimulants as well as an extraordinary effective tonic, is to get out into the fresh air, and walk about, with deep breath-  
ing.

## Breathing Through the Nose

"The nose is an organ with two important functions," says Dr. Kate Lindsay, in the Housekeeper, "it exercises the sense of smell, and acts as an air passage and an air strainer. Infectious disorders of the respiratory organs are usually caused by disease germs in the infected dust in the air inhaled. The air passages of the nose are provided with a special air-filtering apparatus, which is so perfect in action when the nose is free and the glands and mucus surfaces normal, that no germ can escape alive beyond the other opening. The nasal passage walls are covered with cells from which project minute hair-like bodies; the nasal glands and mucus cells secrete a disinfecting fluid when healthy, and this mucus flows outward in tiny streams and washes the little, hair-like projections free from all foul matter, as well as killing all air-borne disease germs. Not only is the air filtered, but it is heated to a proper temperature for entering the bronchial tubes and lungs. The nasal air passage serves to protect the respiratory organs from infection and from irritation due to breathing air of too low a temperature. As most cases of mouth-breathing begin in infancy from repeated attacks of catarrh, the result of taking cold, or some disorder of digestion, mothers should appreciate the need of attending at once to a case of cold in the head of a nursing baby. Often this stopping up of the nose in a nursing infant leads to absolute starvation, the baby being unable to nurse when its nose is stopped up, because it cannot close its mouth without ceasing to breathe.

The predisposing causes of infantile nasal catarrh are, first, improper washing and dressing of the baby. Another is the inhalation of impure

air loaded with dust and foul gases; another is the nicotine-laden atmosphere of father's pipes and cigars. Improper clothing, too much or too little; not suited to the changes of temperature to which it is subjected. Sleeping under the bed clothes, when compelled to sleep with parents and forced to inhale air reeking with foul excretions from the skin and lungs of two adults, are some of the causes which should be remedied."

## Skim-Milk

Answering a correspondent, the following is gathered from the Year Book of the agricultural department, Washington, D. C.:

(1) "Filled" cheese is made of skim-milk by adding some cheap fat, usually of animal, but sometimes of vegetable, origin to replace the original fat taken from the milk. It is a cheap imitation of whole-milk cheese.

(2) The casein (curd) of skim-milk is converted, by a complex chemical treatment, into a form so hard as to be a good substitute for ivory, bone, celluloid or rubber. Billiard balls, backs of brushes, combs, checks, buttons, knife handles, and the like, are made of it. In color, it is nearly white, with a yellowish tinge, but may be variously colored.

(3) A skim-milk product, called faracurd, is used by bakers and confectioners as a fair substitute for eggs. It is preferably in the form of a thick paste, but may be dried and pulverized.

(4) Sugar of milk is made from whey, and generally from whey obtained from cheese factories. Its manufacture calls for expensive machinery and the use of chemicals. The sugar is of various grades. The purest milk sugar is in the form of large, clear crystals, formed on sticks, or in "cobs," resembling rock candy on a string. It is mainly used in the preparation of drugs and medicines and special foods for infants and invalids.

(5) Bakers have long known the value of skim-milk in bread-making, but it is not generally used for this purpose, from the fact that it is very difficult to get in sufficient quantities. The use of skim-milk in place of water for bread-making gives a loaf which is more moist, and will retain its moisture longer than that made with water; it gives a closer grain, improves the eating quality, and the sugar in the milk caramels in baking and browns the crust; it also calls for less flour to the equal sized loaf. The milk should be added to the dough, not to the sponge.

## Food Supplies in Old Times

One of our readers writes for recipes for foods to take the place of meats, stating that "all the hogs died of cholera, and beef was not to be had." He adds, as a reason for the scarcity of money, that "cattle only brings 2 cents per pound, after a long drive to the railroad town for a market." And I cannot help wondering why, with such conditions existing, "beef is not to be had." In the long ago, when the farm was my home, we lived from our cellars and "meat houses," rather than from the village stores. There was never a dearth of beef; one or more young animal was kept fattening on most of the farms, and we always had plenty of corned and dried beef; nearly all the time, even in the summer months, fresh meat could be had, as, when one neighbor slaughtered an animal, any one who wished might buy such part as he wanted; or, oftener, the carcass

## BETTER THAN SPANKING

Spanking does not cure children of bad wetting. If it did there would be few children that would do it. There is a constitutional cause for this. Mrs. M. Summers, Box 118, Notre Dame, Ind., will send her home treatment to any mother. She asks no money. Write her today if your children trouble you in this way. Don't blame the child. The chances are it can't help it.

## 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.