



The Home Department

Conducted by Helen Watts Mayes

The Day was Dead

The day was dead, and the flowers swayed
In the bitterness of grieving;
And twilight came with her eyes of shade
As the spirit fair was leaving.
The zephyrs crooned in a requiem
And the echoes low, replying,
Sang softly sweet, as is wont with them,
In the music of their sighing.

The night came slow, while the sobbing sea
Swept on in its stately surges;
The undertone of a lullaby
Rose up from its mellow dirges,
The night came down to the sleeping day
That seemed of its noon-glow dreaming—
With starry candles in rich array
The tomb of the day was gleaming.

The day was dead—and the word went forth
To the farthest silent spaces;
To the stars that stand west, south and north
And forever have their places.
The word went forth and the word went on
Till it lost its tone of sorrow
And it broke in light at the gates of dawn
And awakened a to-morrow.

—W. D. Nesbit in Republic.

Sharing the Burden

One very serious mistake men make is the failure to enlist the interests and sympathies of the wife and mother in their undertakings. We are repeatedly assured that without the wife's co-operation, the husband's success is an uphill business; but many men pride themselves on keeping their business affairs, their plans, hopes and fears from the knowledge of their wives. They say, contemptuously, that it is none of their business; that a woman's business is in the house. In thousands of instances, the "gray mare is the better horse," and a woman's advice in business matters is often but the feather that turns the scale toward success. To women is given, far more than to man, the faculty for saving—for the storing up of surplus and providing for the future. This comes with her mother-love, and even though she may not have children, the faculty, dormant, perhaps, is there. Instinctively, she stores for her posterity. It is the province of the father to earn, to fight the battles; to bring in the spoils. But the mother is the natural steward. In her devotion to her young, the mother-eyes look far afield, and often her directions point out the most fruitful fields, or warn against the arid plains. If her eyes are kept blinded, no outlook or exercise of her faculties allowed her, the power diminishes and dwells, and then she looks only at what is near at hand. Selfishness for her young predominates. The store is there—she need not stint them, or herself, there will be more. Then, men cry out that she is extravagant; that she takes no interest in their struggles. How can she, when her eyes are blinded by ignorance—when she is encouraged to see no further than the daily dinner?

It is true that most of women know little of business methods; that we are prone to make bad bar-

gains, and to lose the little we have. Why? Is it not that we are the offspring of generations of mothers whose eyes have been "shielded" from the light? Whose minds have been kept inactive? If given the opportunity, women, as thousands are now proving, learn readily, and under the spur of necessity, develop wonderful abilities. Women often accumulate wealth under the same conditions where the normal man fails. Why?

Caring for the Baby

One of our young mothers asks me for advice about the baby, and among other things, she wants to know if the use of the "pacifier" is as harmful to him as the writers in magazines would have us believe. When I was raising babies, there was no "pacifier," such as the one in use at present. But all physicians and nurses that I have heard express an opinion, condemn its use, as being both unnecessary and harmful. It is strongly claimed that its use deforms the mouth and gums of the baby, and many mothers bear witness to this charge. The baby should not be taught to depend on artificial means for entertainment. If the child is kept comfortably warm and clean and healthy, with proper feeding, it will take care of its own odd hours, will gurgle and coo, and examine its wonderful hands and feet with most intent interest, going through all sorts of charming little motions in its constant exercising of its little limbs and body. One has but to watch the little being as it lies at play with itself to be sure that its little brain is busy getting acquainted with its surroundings, and the world into which it has been introduced.

Physicians tell us we must not kiss the baby. That is "hard medicine" to most of us; but it is sensible. We can love and cuddle him many times, and especially when he is tired of his own exercises; but there must be many happy hours allowed him for getting acquainted with himself, and his own wonderful body and limbs. Let him learn to entertain himself, lying comfortably on his bed or couch, giving him the quiet, unobtrusive oversight that sees he is all right, but do not interrupt his chain of thought, or distract his attention unnecessarily from his own affairs. Give him a place where he can see you, as you go about your work, and where you can be aware of all that concerns his comfort; but, if it were my baby, I should let him have his play, and throw the "pacifier" into the fire box.

Caring for the Feet

The proper care of the feet is just as important, though much less understood, than the proper care of the hands and face. Health demands this care, and without it, we are subject to many aches and pains that we might just as well do without. If we have on stockings and shoes, and avoid getting the feet wet, that is deemed quite enough, by many who give the matter little thought. But there is much more necessary. In the first place, the feet need a daily washing, as cleanliness is very essential. Well-fitting shoes and stockings are important, and this is more often overlooked than almost any other need. Ill-fitting shoes ruin the shape of the feet, and often the construction of the foot as well. Cot-

ton stockings are better for most of people than woolen, as cotton allows ventilation, and the air to circulate about the foot, while wool confines the air close to the skin and renders them damp. If the circulation is poor, the feet will be cold to the touch, and clammy. It is best to change the stockings every day, so they will be clean and soft. The feet sweat a great deal, and the stocking becomes stiff with the effete matter thrown off through the pores and glands, and if worn for several days at a time, this matter is apt to be re-absorbed into the system. Some feet excrete a very offensive odor, even when washed frequently, but the bad smell given off by most of feet is because of neglect and uncleanness, and the long-wearing of the same dressings.

Many children have a habit of stuffing the stocking into the shoe when undressing at night; but this should by no means be allowed. In the child's case, the shoe and stocking are both damp with perspiration; the stocking should be turned wrong side out and hung over a chair round, and the shoe top be turned back as far as possible in order to air the inside of the shoe. Children are careless about getting their feet wet, and often it is unavoidable; but the stiff stocking should not be put on the foot after drying. Teach the child to wash out its own stocking and hang it to dry at night, if you have not time to do it.

"Things to Do"

When overhauling the stored-away clothing, see if you have not some articles, many or few, that you could pass on to some one person or family less fortunate than yourself. To be sure, the charitable associations will gladly take them off your hands, if notified, and will make good use of them, so far as their indiscriminate giving can do. But do not you know of some place where such things will "fit in" accurately, and help out some self-respecting, hard-pressed family, in its struggles to keep within the family income?

If you know anything of your neighborhood, or of your county "poor farm," you can recall some old lady, or afflicted one, or even one in need through improvidence, or some child, or boy, or man, to whom your surplus, if tendered tactfully, will bring joy and comfort that could not be had otherwise. It is a pity that there should be suffering in the world, but as it is here, it is well to try to alleviate it.

Some day, when you find you have something you can spare, go out to your county farm, and talk with these helpless old children, find out what they need and what they want, and be kind to them. A flannel bedgown, a pair of bed-slippers, a soft, warm shoe, a little woollen cape, or a headwrap; a bed blanket, or comfortable; a soft, pretty towel; a box of wash rags; a paper of hair pins, a clean, new comb, half-hand mitts for the withered hands that will keep cold, a pretty mug from which to drink their tea, a cake of pure soap that will not fret their poorly nourished skin, a jar of cold cream so easily and inexpensively made, for the roughened and chapped hands and face; a little bottle of borax solution for the fading, watery old eyes; a tooth brush, a paper of needles, a thimble and spool of thread, or a

pair of scissors that will cut. Many of these old children have traces of refinement, while all are human, and though they may not make the best use of what is given them, comfort yourself with the thought that you, too, often fail to use aright the blessing that falls into your hands. "Freely ye have received—freely give."

Health Notes

With the advent of the damp, cool weather of the early autumn, we should guard against rheumatic conditions. External lotions, massage, or other prescribed remedies will be of little avail unless the diet is considered. The liver should be kept active by the use of foods of the coarser, granular kinds, avoiding fats and sweets. Oranges, lemons, onions, tomatoes, corn, peas, and stews of lean beef or other meats, are all good. The old fashion of a supper composed of mush and milk is a good one to revive.

One of the commonest, and at the same time worst, foes to good health is a clogged condition of the bowels caused by constipation. No other ailment is so surely the foundation of disease as this, and the remedy should lie in the food, rather than through the taking of drugs. The ordinary cathartic, or purgative medicines act only on the lower bowels, and the effect is like sweeping off the porch while the room inside is full of uncleanness. Begin at the fountain, if you would be clean.

A "lazy" liver is often but a discouraged one, and the trouble will be found to be that the other organs, one or more, are throwing their burdens on this one, and it is overworked. Drink plenty of water, of the temperature you find most agreeable; but avoid ice water, as this, of itself is constipating. It is best to accustom one's self to having the drink barely tepid, and this will be readily absorbed without lowering the natural warmth of the stomach, demanding more fuel to regain the proper temperature. Drink the water, even though you may not feel thirsty, just as you breathe the air.

Do not depend on the "heater" and the coal bin for the temperature of the body. Stir up the circulation by exercise in the fresh air and plenty of deep breathing. If you find yourself growing irritable, and "out of sorts," or dull, or sleepy, try a brisk walk, or a run, or even the exercises advised in your physical culture books. Stir up the blood; give it food in the way of fresh air.

Door Mats

A great saving of the housewife's strength is found in plenty of mats at the outside doors on which the members of the family are taught to clean the feet before coming into the house. One of the simplest and easiest made of these is the husk mat, made by boring holes in a board at short intervals, and drawing through these holes a thick bunch of corn husks, letting the thick, coarse ends of the husks remain a few inches above the wood. Another way is to gather the corn husks, rejecting the thickest, coarsest of them, and plaiting them while wet, leaving the stem end of the husk a couple of inches above the strand on which it is laid in adding them to the plait. When enough has been made, sew the plait in round or oblong form, using stout twine, just as the old-fashioned rag rugs were sewed. If well done, these mats last a long time, and any child, with a little teaching, can learn to make the plaits, while stronger hands will be required to do the sewing. Somewhere close about the door

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.