



The Home Department

Conducted by
Helen Wat's Magazine

"The Former Things"

"There shall be no more night and no more sea."
—Yet to have known the tranquil twilight hour,
And seen the slow sweep of the silver stars
Across the cold depths of the winter sky,
Or waited in the hush before the dawn;
To have been driven on the mighty wave
And dwelt within the curtain of the storm,
Or seen the tempest batter on the cliffs
Till it broke into a murmuring peace
And all its surges softened into foam—
Shall not the sons of man remember these,
Rejoicing to have known them, in the day
When sundering oceans and the pathless dark
Have passed away, and never can return?

"There shall be no more tears and no more pain."
—Yet to have known the patient hour of trust,
And seen the stars of faith and hope arise
Out of the blackness of a midnight grief,
Or grasped the robe of God within the dark;
To have been swept far from self's safe-laid course
Into the heart of all the human storm
Of sorrow, and have battled through the surge,
Bringing some shipwrecked brother to the shore,
Or learned the secret of accepted pain,
The fellowship of suffering and of woe—
Shall not the souls of men remember these,
Rejoicing in remembrance, in the day
When sacrifice for others and for God
Have passed away, and never can return?

—Priscilla Leonard, in Exchange.

"Making the Most of Things"

Quite a few of our letters are from housewives who are worrying over the constantly increasing prices of food products and clothing materials and who are desirous of knowing how they can make both ends of a small salary meet around the ever expanding array of expenses. It is a very hard matter to advise in particular, and only general rules can be given. So very much depends on the housewife, herself, and her "knowing how," as well as her natural ability to save. One asks the question of nearly all—"What shall we do with the left-overs?"

The best way is to have no left-overs—to try to have just enough; a little less than enough will not mean a famine, for we all eat more than we should, and we throw away clothing that would serve in some capacity for a season or two longer, only that we are "tired of it," or

it is out of style. For the foods which are left over in spite of our care, the cook books are full of recipes, and the cook might experiment a little on her own account, for she knows just what her resources are, and no one else does. "Mending broken victuals" is sometimes an expensive process; and there are families who simply will not touch made-over dishes, while others delight in them. Take, for instance, the matter of croquets; some families devour them greedily, while no amount of careful mixing and heating up will recommend them to another. Then, there are soups; for a few cents, a bit of soup meat may be had, and the scraps, by a judicious mixing, or an appetizing flavoring, may be all dumped into the soup kettle and there will not, for one family, be a spoonful too much; while another family just will have none of it.

Scraps of cold meat, with the addition of a little fresh, and a few vegetables and judicious seasoning, may meet the wants of one family in the shape of a meat pie, or a "cold day stew," or even a nicely seasoned dish of hash; but the other family refuses to taste it. So there seems no way but for the housewife to put on her "thinking cap" and settle the question for herself, so far as she may. Meantime, I am going to ask our experienced housekeepers to send me a few really good recipes to help out.

Caring for the Baby

Physicians tell us that there are two rules, the observance of which is necessary for the health of a child during the first few years of its life. The clothing must be loose and suited to the season; all young animals must be kept warm, and the most of them, dry, and they must have rest, waking or sleeping. The clothing for the infant should be such that it can exercise by kicking and tossing its little arms in perfect abandon. The little legs should be kept warm, if the weather is at all chilly, with long stockings, pinned to the diaper. A very young baby will kick the covers off its little limbs, so it is best to have the night gown considerably longer than the child, with a tape run through the hem, by which it may be drawn closely and tied, confining the little limbs inside, but with freedom to kick as much as it will. The child should never lie or sit in a draught.

Successful nurses tell us that children should wear woollens all the year around, but for summer wear there is a very light weight all wool that answers admirably. A knit wool band, shaped so it can be drawn smoothly over the little bowels and fastened into place, reaching from the arm pits, will save the baby many bad hours with bowel troubles. It may seem like unnecessary trouble to be constantly looking after the child's comfort, but whatever else is neglected, it should not be the helpless baby. If motherhood is woman's first duty, then her first duty is to her child, and no other demand should take precedence. A little neglect will often cause much worry and anxiety, if nothing else. One can never know how serious a baby's ailments may be. This does not mean unnecessary humoring and nursing, but an intelligent oversight which every mother should be taught to exercise. Healthy babies are not

often troublesome ones. If the child is cross, ugly and irritable, study it closely, and find out why. Habits of neatness can be taught to a very young child, and should be formed as soon as possible. Be good to the baby, and keep it comfortable, no matter who else must be neglected.

A Useful Contrivance

There are few homes where the almost indispensable sewing machine does not occupy a conspicuous place among the most necessary belongings of the housewife, and there are few pieces of furniture that lend themselves to "burden-bearing" as readily as does this one. It is always a handy place to lay things, and when the gude wife has a moment to sew, the top of the sewing machine must generally be unloaded before it can be used. The late make of nearly all machines has the "drop-head" form, which leaves the top very much like a table, or stand, and it is treated accordingly. Then, too, when a woman "does her own things," as most of us have to do, the sewing must generally be done by piece-meal—"snatch-grab" fashion, and it is impossible to work to advantage where materials must be either scattered about or packed away in odd places when the seamstress has to look after other duties. In my scrap-box I find directions for making a sewing rack which can be done by any man handy with tools, and by women who know how to "do things" themselves, and which has been made and used by the one who sends me the directions, with her strong endorsement, saying no "maled hand" had anything whatever to do with its construction. I give the directions under the head of "A Sewing Cabinet." Read the article, and then insist on having one made for your own use.

"A Sewing Cabinet"

For the sides of the "cabinet," get two pieces of planed board five feet long and the width of the sewing machine. A top piece, the same width, and long enough to admit of a set of narrow shelves at each end of the sewing machine, should extend over the side pieces several inches at each end. Below this top piece, at a sufficient height to allow the sewing machine to slip under it, should be another shelf, and at each end of this frame should be measured off space for a set of short shelves, the inside ends of which are supported by uprights which reach the long shelf above and the floor beneath, between which the sewing machine will stand, under the long shelf above. The space between the long upper shelf and the top is for uncut goods, and the short shelves in the sets may contain paper patterns, button boxes, bundles, and the dozens of other things that a seamstress will gather about her, while, when not in use, the machine may be pushed into the central space, out of the way of scratches and loadings. This cabinet may be finished off very tastily with mouldings and them smoothed with sandpaper, painted or stained and given several coats of varnish. A brass rod may be run across the top, for a curtain, and, if there is a cabinet-maker in the family, neat drawers may be run in the little box-like shelves. The gude wife can make these boxes of pasteboard, or, if she can get the

boxes at the store, can fit them in, and find them very serviceable. But the sets of shelves, without any boxes, "beats nothing," and saves much labor to the home steamstress. The expense is small, and the convenience may be made very neat and handsome in appearance, with a little work. There should be a row of hooks along the side at the top, for hanging unfinished work, a brush and a small dust-pan for sweeping up the usual litter of thread and cuttings, thus enabling the housewife to clean up at a moment's notice.

An exchange says: "A woman who can make a dress the sixth time as cheerfully as she did the first, has the spirit of Caesar, and she is going to be happy, whatever comes" and adds: "She may be happy, but, poor thing, how she will be talked about!"

"Little Things"

It is the little things which count, no matter what we are doing, and every hour is made up of sixty minutes. If we learn to look after the minutes, we will find we have plenty of time; but one hour can not borrow from another. The burdens of today must be born by today; tomorrow's shoulders will not fit them.

Ready Prepared Wood Stains

Many articles of furniture that add greatly to the convenience and comfort of the family, at a small cost, can be made of pine, and when smoothed with sandpaper, all rough places filled with putty, and all cracks in joints stopped with a preparation of glue and saw dust, they may be finished very durably and satisfactorily by the use of wood stains, which may be had in many colors and imitation of many woods. It is not possible to make a good job if the surface is not properly prepared. While some woods take the stain perfectly without any special preparation, others must have a "filler," and any painter can give one the required information as to what to use. A coat of the stain may be applied, then the filler used, staining that, too, and generally two coats are necessary after which the furniture must be given one or two coats of varnish. Directions for using come with any sort of stain, but in making over old articles, the old paint or varnish should all be scraped, washed or sandpapered off before applying the new. There will be many days during the winter months ahead, in which the scrap-lumber pile, the saw, plane, hammer, paint and varnish brush may be used to the advantage of the whole family. Why not let the boy try his hand at the work?

Railroad Wrecks

This is how an experienced railroad engineer accounts for so many wrecks: "The company will tell you that they have bought the most modern safety appliances, paying large forces to keep them in order, and that they do not require their men to go on the road without proper rest, etc. But, brothers, each and every one of you, stop and think. Have you ever been forced to stay on the road, some time or other, so many hours that you did not care whether you lived or not, if you could only close your eyes for a few minutes sleep? Some will tell you



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