



# The Home Department

Conducted by Helen Watts Meyer

## Easter Morning

Ye lilies, stately, sweet, bend low:  
Your King  
Walks through the garden in the  
faint-lit morn;  
The grave has given up the Holy  
One—  
He, who was mocked of men, and  
put to scorn.  
Speak to the breeze, fair blooms,  
that it may blow  
Your gentle incense to Him, walk-  
ing so.

Ye lilies, waxen, glorious, see her  
come—  
Mary, the type of weak humanity;  
In palest dawn she meets One wind-  
ing slow:  
"Gardener," she calls Him, for  
Doubt can not see;  
He speaks her name—the night  
winds hush their cry—  
"Master!" she cries, and daylight  
finds the sky.

"Gardener," indeed; oh, lilies  
drenched with dew,  
He tends all nature, bringing  
spring to earth;  
Fearly growth's resurrection brings  
anew  
From out the grave of winter—  
wondrous birth!  
Ring, silent chimes of fragrance,  
lilies pure—  
The mysteries of life through death  
endure.

—Ladies World.

## "Aids to Digestion"

Few things are worse for the dig-  
estion than to eat while angry,  
worried, excited or exhausted. Food  
taken into the stomach under such  
conditions acts like poison to the  
system; yet in many families, the  
meal-time is the occasion taken for  
telling all the bad news, finding  
fault, grumbling, reprimanding,  
quarreling or scolding—and the  
scolding is not always done by the  
house-mother. In too many in-  
stances, the family temper is upset  
by the squabbling of the younger  
members, and the inevitable follows.  
At meal time is usually the only  
meeting at which everybody seems  
to have time to listen, and this  
should be the most attractive hour  
of the day. It certainly is not the  
time to rake up old, or new, griev-  
ances or to adjust differences, and  
it would be a saving in many ways  
if the family would determine to  
speak of only pleasant things. The  
Good Book tells us that "a man hath  
no better thing under the sun than  
to eat, drink and be merry," and  
assures us that a merry heart is like  
a good medicine, while medical au-  
thorities everywhere tell us that  
happy thoughts, cheerful compani-  
onship and a healthy interest in the  
good things of this life promote good  
health and do away with disease.  
Whatever else we take to the table  
with us, let us leave the worries,  
fears, anxieties, forebodings and ill-  
temper which beset us during our  
work hours, outside the door.

## Insomnia

Do not begin treating insomnia  
with drugs. In many instances,  
brain-stimulation is caused by diet-  
ary errors, and may only be re-  
lieved by right living, and the causes  
in these cases can be overcome by a  
common-sense treatment without re-  
course to physicians. It is useless  
to treat a symptom without remov-

ing the cause. A constipated habit  
of the bowels is very frequently the  
cause of "nervousness," or sleep-  
lessness. It is well to remember  
that insomnia, of itself, is not a dis-  
ease, but a symptom of some other  
derangement of the system, and can  
not be relieved until the cause is  
removed.

## Papering the Walls

If the old paper must be removed,  
go over it with a wet cloth or brush,  
two or three times; when the paper  
is quite wet, it will peel off readily.  
Wash the walls first with a strong  
solution of soda and water to which  
has been added a few drops of car-  
bolic acid, and when dry, paper or  
paint as desired. For walls that  
have been whitewashed, wash with  
a cloth dipped in strong vinegar,  
after scraping off all the white wash  
possible. If there are holes in the  
plastering, fill with a little wet plas-  
ter of paris.

If the paper is to be left on, and  
has only cracked and peeled off the  
wall in places, wet the wall and the  
paper with a smooth, raw paste made  
of flour and thick sour milk. If  
the paper has to be patched see that  
the design is matched, or the dam-  
aged portion may be repaired by  
lightly touching up the damaged  
places with suitable colors in the  
paints used by children at school.

Grease spots may be removed by  
laying a piece of clean blotting paper  
on the spot and rubbing gently with  
a hot iron. Powdered pipe-clay  
mixed to the consistency of cream,  
applied and left for several hours  
on the spot will often answer.

It is very hard work to clean wall  
paper when it has become smoked  
and dingy from the winter's heating;  
and unless well done, it is apt to  
look streaked, and spotted, and not  
at all satisfactory. Even a very  
cheap grade of paper will look bet-  
ter than the old, dirty one if not  
well cleaned.

Do not use a paper of large de-  
sign on the walls of a small room;  
one with small figures much broken  
will add to its appearance. Stripes  
give the walls an appearance of  
height, while large figures, cubes or  
squares, make it look "squatty," or  
low for its width. For a sunny  
room, use cool colors, and for a  
shaded room, use bright, sunshiny  
tint. Reds are not pleasant for the  
eyes, but may be used in halls.

## Washing Colored Goods

Green, blue, mauve, purple, or  
purply-red colors may be set by  
soaking the things before washing  
in a solution of alum water, an ounce  
of alum to a gallon of water, for  
ten minutes.

Madder tints, browns, brown-reds,  
tans, and their shades should be  
soaked in a solution of one ounce  
of sugar of lead to one gallon of  
water, soaking ten minutes before  
washing.

Black goods, black and white,  
gray, very dark purple, must be  
soaked in strong salt water, or a  
cupful of turpentine may be put in  
the wash water. Finer black cottons  
may be soaked in a strong tea made  
of whole black pepper.

For all manner of black and white  
things, a handful of salt in the last  
rinse water will improve them. All  
colored things must be washed out  
quickly, and dried as quickly as pos-  
sible in the shade after all soap, if

any is used, has been well rinsed  
out of them.

Yellows, buffs, tans in bright col-  
ors are made brighter by adding a  
cupful of strong, strained coffee to  
the rinse water.

If at all doubtful as to the fast-  
ness of any dark colors, try wash-  
ing in thin flour starch, using no  
soap.

## Good Things to Know

For cushions, chicken feathers, if  
properly prepared are as good as  
any others. Feathers in the pin-  
feather stage will not do; but ma-  
ture feathers, such as are plucked  
from old fowls, should be saved.  
Throw away the coarse wing feathers  
or quills, and the tail feathers. If  
any bits of skin hang to the quills  
or feathers, take it off, and reject  
any with soft ends filled with blood.  
Wash the feathers through a warm  
soap suds, lifting them out into  
clear, tepid water in which a little  
carbolic acid has been thrown, and  
rinse well. Lift them out of this  
water and put them in a bag and  
hang in the sunshine. The feathers  
should be washed on a sunshiny day.  
As they dry, rub, or whip them in  
the bag, to make them fluffy.

When using enameled ware on the  
cook stove, rub them over on the  
outside with a thin film of lard. The  
grease will prevent the smoke black-  
ening them. When done using them,  
rub off with a piece of newspaper,  
and wash as usual.

If you have very hard water, fill  
your boiler and bring the water to  
a scalding heat, and put into it two  
cupfuls of sal soda. Just before it  
really boils, and after all the soda  
is dissolved, slice up a cake of soap,  
and as soon as the water boils, put  
the soap into it. If the soap is put  
in the water before it softens—  
which it does not do until it boils,  
the soap will separate and form a  
dark, cheesy scum, and this will stick  
to the clothes and be almost impos-  
sible to remove. Those who have  
used very hard water know how this  
is. After the soap has been put into  
the water, no more hard water must  
be put in, as the fresh water will  
cause the soap to separate and hard-  
en, ruining the wash. Enough wa-  
ter for the wash should be softened  
before using.

It is claimed that lard, rubbed  
over dirty silver, followed by a dust-  
ing of common baking soda, and let  
stand for a couple of hours, may be  
rubbed all over thoroughly with tis-  
sue paper, and made to look like  
new for brightness.

## A Cleansing Fluid

Benzine or gasoline is liable to  
leave a circle about a spot cleaned  
with either of them, but here is a  
fluid which, it is claimed, will not  
leave any stain: Put a quart of soft  
water in a sauce pan and add to it  
half an ounce of borax—one round-  
ing teaspoonful—and two heaping  
teaspoonfuls of finely shredded  
white castile soap; stir until the  
borax and soap have thoroughly dis-  
solved, then pour in another quart  
of hot water and set the mixture  
away to cool; when cold, add half  
an ounce (one tablespoonful) each  
of ether and glycerine, shake well,  
cork tightly and set away for use.  
It can be used for grease spots on  
furniture covering, silk or wool gar-  
ments, carpets, or anything that can  
not be cleaned by other methods.  
To use: Brush the article to be

cleansed free from dust; shake the  
fluid well, and pour a little out into  
a saucer and sponge the spots until  
they disappear, then wipe thorough-  
ly clean with a dry, clean cloth, and  
air until perfectly dry. Keep the  
bottle containing the fluid tightly  
corked.

## Burning Sulphur

There is no better, or surer way  
of getting rid of insects in the walls  
than by burning sulphur in the room.  
Sulphur candles for the purpose can  
be had of the druggist, and before  
lighting should be set in some vessel  
that will protect the room from  
catching fire on the floor. After  
lighting, set the candle where it may  
be seen from the key-hole, as it may  
"go out," and need re-lighting. The  
fumes of sulphur will corrode all  
metals; will kill all plant life, and  
sometimes injure papers; all such  
things should be removed. Bureau  
drawers, closets, wardrobes, should  
be left open, and bedding and cloth-  
ing should be thrown loosely over  
chairs. Every crack or other open-  
ing should be stuffed so the room  
will be as nearly air-tight as pos-  
sible. Leave tightly closed for at  
least twenty-four hours.

## Easter Cake

Cream half a cupful of butter; add  
three-fourths of a cupful of sugar to  
the butter and cream the two; add  
three eggs, unbeaten, one at a time,  
beating as added three minutes be-  
fore adding another. To this add  
half a cupful of flour, one-third cup-  
ful of cornstarch, one rounding tea-  
spoonful of baking powder; crush  
ten stale macaroons finely and add,  
with one cupful of desiccated cocoa-  
nut, one teaspoonful of vanilla ex-  
tract, one tablespoonful of milk.  
Butter baking cups and fill three-  
fourths full and bake in a moderate  
oven. When cool, cover with a deli-  
cately green icing, flavored with  
pistachio if it can be obtained; press  
through a piping tube a darker  
shade of the icing to represent a rib-  
bon bow, and place crystalized mint  
leaves and violets tastefully on it.

## Query Box

L. S.—"Sending cards," as a so-  
cial observance, always means send-  
ing one's visiting card. These are  
sent in acknowledgement of vari-  
ous things—invitations, announce-  
ments, notes of condolence, or calls.

"Ignorance."—Beurre is the  
French word for butter. Beurre  
fondee is melted butter, and beurre  
nois is butter that has been  
browned. Bay leaf is the leaf of  
the sweet Bay or Laurus nobilis; is  
used as a seasoning in culinary  
preparations; can be had at the gro-  
cer's, or the druggist's.

M. M.—Some recommend giving  
tinware not used on the stove two  
or three coating of enamel paint; in  
the old days, tinware was made for  
use, and lasted a long time; but not  
so now.

Rose L.—The colored cotton or  
linen goods may be safely washed in  
thin flour starch without losing  
color, or having a "smeary" look  
when dried. Use no soap, and rinse  
in clear water. The fabric will be  
stiff enough.

Ella S.—Double-faced canton (or  
cotton) flannel is used to protect a  
polished table. Cut the piece three  
inches larger than the table-top, run  
a hem all around it, and in this  
hem run a tape. When on the table,  
draw the tape tightly, adjusting the  
edges of the cover, and it will not  
slide off the table.

R. M.—To prevent soaked pie

## 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 the pain,  
cures wind colic and is the best remedy for diar-  
rhea. Twenty-five cents a bottle.