



The Home Department

Conducted by Helen Westcott

Destiny

Still glides the stream, and shall forever glide;
The form remains, the function never dies;
While we, the brave, the mighty, and the wise—
We men, who in the morn of youth defied
The elements, must vanish. Be it so!
Enough, if something from our hand have power
To live and act and serve the future hour;
And if, as toward the silent tomb we go,
Through love, through hope and faith's transcendent dower,
We feel that we are greater than we know.
I am not earth-born, though I here delay;
Hope's child, I summon the infinite powers
And laugh to see the mild and sunny day
Smile on the thin and shrunken autumn hours.
I laugh, for hope hath happy place for me—
If my bark sinks, 'tis to another sea!
—Selected.

Comforts for Baby

During the hot months, it is not unusual that, on going to bed, the night is so hot as to render even the thinnest garment a torment to the toasting-hot body of the baby. A cool, or tepid bath, followed by a light quick rubbing all over with the hand, is an excellent cooler, and the baby may then be put into its sleeping garment, which should be of light weight material, and laid down in his bed. The bed and pillow should be moderately hard, and the pillow should be a very small one, made of cool material. An excellent sleeping robe for the baby may be made of gingham, muslin, calico, or other thin cotton goods, and it should be long enough so a drawstring may be run in the hem, and the bottom tied, like a bag, to keep the little feet and legs covered during the night.

Often, a night that is hot at the beginning, becomes quite uncomfortably cool before morning. There should always be a light woolen or fleeced blanket on the foot of the crib, and the mother can easily draw this over the baby, preventing chills and discomfort, if not colds and coughs. During the summer, too, there are frequently days when the air is quite chilly to the adult; but the little, creeping baby, who lives down in the lower strata of air, which is always cooler near the floor than above it, is left to struggle with bare arms, bare legs, and often wet, discomforting clothing, and no notice is taken of the bluish purple or bumpy, mottled flesh, because baby does not know what to complain of, or how to voice his discomfort. Then follows bowel troubles, "snuffles," fretfulness, coughs, sneezing, and the mother "wonders where baby got such a cold."

Mothers, be good to the little baby, who can not be good to itself. Watch it, during the hot weather as during the cold, for it has many trials. Dress it for the cool mornings and evenings, but do not forget to make it comfortable during the hot hours, even though you must be at a little trouble to dress or undress it, sev-

eral times a day. Be good to the baby, dear mother.

"That Muddy Complexion"

Many girls and women are greatly distressed by the dull, muddy color of the face and hands, and seek diligently for some bleach by which to remove it. But "there's a reason for it," and it would be well for them to seek out the cause. No disease was ever cured by treating a symptom. The liver is not always at fault, and many apparently strong, healthy women have hands and faces like leather in yellowness, but, ignorant of its cause, go right on, adding fuel to the fire and comforting themselves that "there are others."

Almost to a unit, these women are coffee drinkers, and use the beverage several times a day; often, a meal is made entirely of coffee, partaking of no food with it. Especially is this so of the business woman, or the hurried housewife who has "no appetite." Coffee or tea, taken on a full stomach, is bad enough, though the stomach being full, the nerves are less apt to be affected; but to drink the beverage with nothing else in the stomach will speedily work havoc to the strongest nerves. Neither beverage is a food, not even a tonic, but a stimulant, and the effect is like laying the lash on an already exhausted horse—it brings a temporary spurt of strength, but the last condition of the nerves is worse than the first.

In order to get an idea of what coffee has to do with the complexion dip a bit of white cloth into an ordinary cup of the beverage and see the stain that appears. This coloring matter does not show through the skin so quickly, but it is bound to make its way into the pores as it goes through the system on its way out. The coffee color is worse than the liver sallowness and harder to get rid of. Nothing will so quickly bleach out the stain as copious water drinking and a discontinuance of the use of the cause; the sewers of the system being flushed, the stain has less effect as it passes along, well diluted. Children should not be taught to drink tea or coffee, whether at or between meals, but for all drinking purposes, fresh, pure water should be freely indulged in. Many distressing stomach troubles are cured by giving up the coffee habit.

For the Home Seamstress

Many comfortable additions to the summer wardrobe are now made very simply, of one piece of goods, shaped by a few tucks, and adjusted with but one or more seams, or, without seams by tying at certain points with ribbon. Among these are the jumper, or overblouse, and little, light cape wraps that may be made by almost any one who can handle a needle, or cut after a pattern. Many magazines are giving such explicit directions as to enable almost any one to make them without a pattern, but for those who have not confidence enough in their own ability to attempt the directions alone, there are paper patterns of all suitable sizes. Many of these garments can be made of a yard square of suitable goods, and the edges may be more or less elaborately trimmed, according to one's taste and time. In these little garments, many scraps and remnants may be used up to advantage. A jumper can be made by

folding a yard square of material, cutting out a neck place in the center, cutting off a little on either side for the large arm holes, and sewing a short seam from the armhole to the bottom edge of the cloth, which is to be gathered into a band or belt at the bottom, and one side of the cloth opened from neck to belt, finished with buttons and button holes. A pretty little cape wrap is made in the shape of a half circle, cutting out a space for the neck which is finished on both sides to the waist line by a facing, and adjusted by laying three short tucks in the shoulders, which gives shape to the sleeve portion that covers the arm. A corset cover is made in the form of a circle, cutting out the center large enough for the waist band and opening up one side for the back fastening. A short bias peplum is sewed to the opening in the center, leaving it perfectly plain and gatherless around the waist, while the outer edge of the circle is trimmed as desired, and a tape run through a casing by which it is drawn up to fit the bust. A band or a ribbon holds the garment over the shoulders on either side. Underwear must be fitted to the figure as plain and smooth as possible, doing away with all gathers.

Household Notes

For the iron, brass or enameled bedstead, nothing is prettier than the ruffled covering; some of these have pretty center designs, and insertion, lace and embroidery are used to make them particularly dainty. Ruffles along the three edges, and a separate ruffled piece to turn over the round bolster can be made by the home seamstress, as plainly or as elaborately as liked. Silkoline, mercerized fabrics, muslins, lawns, and many other materials of more or less cost are used.

Sash curtains made of alternate strips of cream bobbinet and coarse cream lace make cool looking and easily laundered dressings for windows where sash curtains are to be used.

Six spools of black linen-finished thread, such as weavers use, and ten pounds of silk rags, sewed as for carpet weaving, will make two pieces one yard wide by three and one-half long, to be used as portieres. Cut the silk pieces about one-fourth inch wide and three or four inches long, or less, sew them "hit-and-miss" as for carpet-weaving, and it will make a pretty effect.

It is wise to protect one's self from the chill of the night air while sitting out on the lawn, or porch, after a hot day, but many neglect this precaution to their harm. A light wrap, thin cape, or scarf, while not heating the body, will keep the chill of the falling dew from the thinly clad shoulders, and prevent the exhalations from the ground dampening the clothing. Always take some kind of light wrap with you when going on an outing.

Keeping accounts will help many housewives to discover the leaks that drain the family pocket book, and it will also prove to the gude mon that the family income is not being wasted. If the price of everything is set down in black and white, and the accounting done before one forgets, it will save many a useless expenditure, for there is no reminder more potent than a row of figures staring up at one when some foolish purchase has been made. Try it.

The woman who pays as she goes does not go so often as the one who carries no money in her pocket.

Mending Stockings

The stocking with badly worn feet should be mended by cutting away the old foot, sloping the cut from the top of the heel down into the instep, so the "tongue," or leg part of the stocking will be about the shape of the stocking which appears when low shoes are worn. For cutting the foot part from another leg, lay the stocking down and press the foot flat, as you would fold it to put away. Cut the foot off above the heel, allowing for a quarter-inch seam, then slope the top to meet the slope of the leg-part just shaped; lay this foot on the good part of another stocking leg and cut the new foot by it. Whatever seam there is in the new stocking should come from the bottom of the foot around over the top of the toes lengthwise, and so on up to the instep. The heel should be shaped from the top to the sole of the stocking with a seam, and the new foot then joined to the prepared leg. The seams should be opened and the raw edges neatly whipped back without turning in, so as not to "roll" and hurt the foot. If the work is neatly done, the new stocking will be quite as comfortable as could be desired, and will last a long time.

For Removing Tan

An excellent soap is made by shaving fine a cake of pure olive oil soap of the ordinary size used for the toilet, adding to it two tablespoonfuls of cologne, two tablespoonfuls of lemon juice and a teaspoonful of powdered borax; melt this and pour into a cup or mold until it is cold. At night, wash the face with a suds made of this soap and warm water, using plenty to get the face clean, rinsing the face off with cool water to remove any remnant of the soap, then rubbing in a very little cold cream when the face is dry. If at any time powder is needed, dust the face with a little rice powder, which can be had of the druggist, and is not injurious. Do not use soap oftener than once a day, and then at night, rinsing off as above.

To Clean Wall Paper

When paper that is otherwise good has a smoky, grimy look, it may be brightened with a preparation made of a mixture of equal parts of corn starch, whiting and Fuller's earth. With a soft cheese cloth, or other cotton rag, dip into the powder and go carefully over the paper, rubbing vigorously, but not enough to injure the paper. Change the cloth as it gets badly soiled, and follow the first cleaning with a wiping down with large pieces of soft cotton cloth. For delicate tints, the powder should be put into a gauze bag—an old gauze veil will do—and carefully wipe down the walls with the powder bag. A thin paste of Fuller's earth and ammonia will often remove bad grease marks. Cover the spot, but do not rub it; when dry, carefully brush off the dust.

Brown Breads

Many housewives complain that, if they bake the brown bread until the inside, or crumb portion, is done, the crust is hard and flinty, and must be cut away, while, if the crust is "just right," the inside is more or less raw. The difficulty in baking brown breads or breads made of coarse meals, is that coarse meals are poor conductors of heat, and the outside is apt to get too much of it, while the in-

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 diarrhoea. Twenty-five cents a bottle.