



The Home Department

Conducted by
Helen Watts McKee

TWO GOOD NIGHTS

In the City

Good night, dear, happy, noisy streets!

The clanging bells and hurrying feet,
When I am safely tucked in bed,
And all the day-time thoughts are fled,

Are just like music to my ears,
And drive away the night-time fears.
Good night, dear street; your lights
so bright

Shine through my window all the night,

And company they are to me;
But oh, how lonely it must be
Beyond the city and the park,
Where everything is strange and dark!

In the Country

Good night, dear hills. So still you lie

Against the bosom of the sky,
I know you must be fast asleep;
And all night long, the stars will keep

Their tender watches over you;
So must I soon be sleeping, too.

Good night, dear hills; for now I go
To slumber, restfully and slow.
But bed-time must be cheerless,
gray,

To those who can't look out and say
(For them, my heart with pity fills!)
One good night to dear, friendly hills.

—Eleanor C. Hull, in *Woman's Home Companion*.

The Middle Milestone of the Summer

This month is the central milestone of the summer, and where one has had a strenuous pull to get to the top of the hill, there is a strong inclination to stop and breathe while we look about the broadened horizon before beginning the downward journey with the receding sun. There is a feeling that our tasks are, in a measure finished, and a sense of waiting for something that is to come. We want to fold our hands and lounge in the cool shadows away from the fierce heat of the mid-summer sunshine. It is well to take a vacation now, if but for a day; but a month would be better. However, while we are about it, let us make up our minds to get the very best possible results from the holiday, whether it is spent at home or elsewhere. Let us learn to rest. A spell of idling is a good medicine for the brain as well as for the body. It is best not to "follow the crowd," rushing hither and thither in the mistaken idea that we are "resting" by the change. Such hysterical excitement will send us home more worn than when we left. Do not scramble; do not spend the time packing and unpacking one's grip, rushing about, over hill and dale, trying to see everything in the few days which is all we can spare for our recreation. Do not push and jam and crowd, lest some one get a few steps ahead of you. Let them. There will be lovely things left that they can never see. Do not make it the business of the hour to eat—to be always eating, and thus ruining our digestion. Drink water—all the pure, fresh water you can get. Get out into the open and get all pure, fresh air you can inhale. Bathe often; eat moderately of nourishing foods, determine that you will see nothing but good in your associates, and will return nothing but good to them. Do not allow your-

self to recognize, even in thought, the possibility of not having every moment full of joy and pleasant emotions. Make others happy, forgetting yourself, and diffuse the sunshine of good will from your every act. Don't grumble; don't find fault; "keep smilin'," and see how rested you will be when your "noon hour" is ended, and you are back in the harness.

Some Health Notes

Do not stuff the children with cakes, pies, candy, or other sweet stuffs, during the hot days. When you go "picnicing," leave the cloying sweets at home, and take healthy wholesome foods with you. Do not drink ice water, or over-eat of ices. Nice as they are for the moment, they are particularly unsatisfying, and are thirst-breeders. A cup of hot tea or coffee, or other hot drinks, such as thin soup, or bouillon, or nourishing broths, will prove far more satisfying, even though for the moment they may start the perspiration and add to the apparent heat. The drinks need not be so hot as to render one uncomfortable, but hot enough to be appetizing. Nothing cures the "picnic headache" like a cup of some hot drink.

Dress to suit the day in comfortably fitting clothes; if you must be out in the hot sunshine, be careful that the clothing is not too thin, else there will be tenderness from sunburn. The girl or woman who goes about in the hot sunshine, whether at home or on the picnic grounds, will surely pay the penalty in blistered or sunburned cuticle, and however gratifying the "vacation color" may be at the time, there is sure to be an aftermath of regrets and frantic efforts to get rid of freckles and tan. The skin that is subjected to repeated coatings of tan will never regain the lost satin smoothness and rose-leaf delicacy. The wearing of gloves and long sleeves, and the shielding of the face by some suitable head-covering is the only way to escape the yellowing skin and detested freckles.

Take time to rest; the work will be right where you left it—never goes away of its own accord, and there are sure to be other days. Do not count the time wasted that is spent in an hour's sleep after dinner; find as cool a place as possible for the nap; but take the nap. Get all the snatches of sleep possible. Live the simple life, and save strength and fuel, as well as your family, by feeding simple, nourishing food—much of it served without any cooking at all. Take things easy, don't over-work or worry; but by all means, enjoy your vacation sensibly.

The Mothers' Responsibility

In many of the states women have some form of school suffrage, and hence are to be held responsible for the unsanitary conditions and comfortless surroundings that characterize the very great majority of the country school buildings. In these school buildings, our little children have to spend the greater portion of their time for months, every year, and at a time when, being confined closely within doors on account of weather conditions, their health must surely suffer because of the neglect. In nearly all country school houses, the heating facilities are very imperfect, and while the children seated

nearest the stove almost roast because of the heat given out, those further away shiver with cold. Added to this, the ventilation is either entirely inadequate to the demands, or entirely lacking. The windows and doors are perforce closed, in order to conserve the heat, and the little children must breathe the vitiated air over and over, until they are dull and drowsy because of the poisoning. No matter how pleasant the day, the playgrounds are far from being suitable, if the ground is at all wet, and the little feet become dangerously damp if they attempt to play outside when the weather is bad. The toilet arrangements and outbuildings are a disgrace to the district, and should not be tolerated; would not be, for the farm animals; but no one seems to care for the little children.

It is time the mothers recognized their responsibility in the matter. They should visit the buildings now, before the schools open, and look into the matter of comfort, cleanliness and sanitation. If you, dear mother, have not time, just take it; make it your business to see how your little child is to be housed for the winter. Call meetings, and insist on something being done. Much can be done without any money, but it is worth all the money it will cost to render the school buildings a safe place for your children. Let the men donate their strength and time, and what money they can give, to improving conditions without and within, while the mothers will find enough to keep them busy. Do not delay the matter. It is of vital importance. Attend to it now.

Fighting Foes to Comfort

Do not relax your vigilance against the household insects. Keep the flies and mosquitoes out by carefully screening of doors and windows, and see that no night pest torments your sleepers. Wage incessant warfare against every marauder. Go over everything in the bed room this month, and "let no enemy escape." Sun the mattresses, wash the bed clothing, go over the bed furniture with insecticides. Nobody need keep bed vermin if constant care is taken for one or two seasons. The worst infested rooms can be cleared of them by fumigating with hydrocyanic-acid gas, as the gas penetrates every crevice of the house or room. The gas treatment for houses is fully described in Circular 46, Department of Agriculture, Washington, D. C. Where wooden bedsteads are used, the most practical way to effect the routing is to fill every crack, crevice or hole full of benzine, gasoline, or coal oil; a small oil can can be used for this purpose, and as doors and windows are now wide open, and no fire in the house, the application should be liberal. Corrosive sublimate, and many other remedies are advised, and hot water, hot salt or alum solution are both cheap and inexpensive as well as effectual; but these should not be used where they will damage the finish of furniture. The very best and most effective means is a daily inspection, as thorough as possible, of every part of the room and furniture, and the constant sunning and inspecting of all clothing of any kind kept in the room. Wash everything washable as often as possible, in as hot water as may be used—which, if the washing is done by machine,

may be boiling hot. For destroying them when lodged in the walls, burning sulphur is recommended; sulphur candles may be used, or two pounds of sulphur for every thousand cubic feet of space, closing the building for twenty-four hours for treatment, sleeping and living outdoors, meanwhile, if need be. Do not put off the work—this month brings the "second installment" of the pests, and now is the season for the most effective warfare. There is no excuse for harboring them.

"Advice to Women"

Many writers are very fond of giving advice to women, and sometimes it sounds well, but, on application, does not work out in kind. One writer says: "Many women avoid the sunlight as though it were a plague. They wear veils, carry parasols, seek the shady side, and do everything to keep off the light of the sun. If they would but seek the sunshine, and live in it, indoors and out, pale sickly women would become strong and healthy in no time." The sunshine is a good thing, and it is doubtless true that women would be better for more of it; but there are many things which force women to "seek the shady side," and it is not always to their own liking that they wear veils and carry parasols, nor is it, as the writer states further on in his article, because of their fear of injury to their clothes or complexion that this is done. It is shown by the census that the very great majority of women "do their own work," that is, the housekeeping, sewing, laundering, caring for the children and looking after the ways and comfort of their households. This forces women to keep in the shade, and in many instances, gives them little time or leisure to live in the sun's rays, or to enjoy the fresh air. When they do have the leisure, it is with tired eyes, exhausted bodies, and jaded spirits, and they can not always bear the strong, life-giving rays of the sun. Many a woman sits in darkened rooms because the light gives them pain, who would yet gladly rush out into the full glare and joy in the sense of freedom, bodily and mental, which only the outdoor life can give them. Some strong, brave spirits can make their own sunshine, while others demand it as a right, and, letting the minor duties go, keep bright and well by their outings; but the "pale, sickly women" are usually those who are so burdened, or so conscientious that they feel they must live "in the shade," that others may have the shine. It is "good medicine," but we can not all take it.

A "Successful" Woman

We all like to hear of successful women, and here is one who has opened the way into a calling not overcrowded with women workers, and, although not the first to enter it, is one of less than a dozen of a like calling. Mrs. Hulett, the wife of a steamboat engineer, and who has been on a steamboat as clerk, stewardess, steersman and assistant at the engine ever since her marriage four years ago, was given a first-class pilot's license for piloting small boats on the Illinois river. Her husband had applied for such a license, but because of color blindness, had failed to pass the examination, and the wife came to his relief with a like application for herself. Captain Gordon, government inspector of steamboats, said that Mrs. Hulett gave the most satisfactory answers

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.