

The Home Department

Conducted by Helen M. H. ...

Too Late

If I had known your eyes would turn away
From smiling into mine; that I—
alone—

Should stand beside your silent form
some day;

I should have been more tender,
had I known.

I could not hear the silent waters
creep

Close to your feet, or I (you
knew it, dear?)

Would not have said the words that
made you weep,

Nor left unsaid the words you
longed to hear.

So many years I saw you in your
place,

I never dreamed that you could
steal away—

That I should lose the rare and gen-
tle grace

Of your dear presence in my life,
some day.

The words unspoken, kindness left
undone,

These rise in tears of vain regret,
today;

I knew your worth and loved you,
patient one—

Would I had told you ere you
went away!

—Beulah C. Clement, in Ladies'
Home Journal.

Self-Supporting Women

Every girl should be taught to do some one thing well so that her labor may sell in the chosen line. The vast majority of women who work in gainful occupations are forced to work, whether they want to or not. In the majority of cases, it is not so much a support for themselves which is the motive, as that they may add their pittance to the support of some other person more or less dependent on them. After the novelty of an "independent purse" is exhausted, very few women would go on working unless compelled to do so by their own or another's imperative needs. The lessons which the self-supporting woman must learn are full of heartache, keen disappointments and discouragements—often times extremely humiliating; and the army of patient, determined toilers are worthy of all praise for their persistence in holding their place in the line of battle in the face of such fearful odds. In work which a woman can, and is forced to do, the law of supply and demand is strongly present. It is a fact that at the foot of the ladder is the fiercest battle ground, because of the terrible inefficiency of the untrained hands to grasp the rounds and rise. That the higher occupations are open to women means but little to the uneducated, untrained applicants who know how to do nothing well and who are also unfitted by temperament and intelligence to fill any but the lower ranks. Even the highest education will not give to every woman ability to fill the lowest of the businesses or professions. Whatever occupation a woman enters, the duties exacted of her are severe, and the price she pays for the privilege of earning a livelihood is a terrible one. Thoughtful men and women contend that the payment of this price does not end with the woman, herself, but is exacted of the children she bears, and the labor conditions which obtain

today make the struggle for existence intense, and it is a pity that women must enter the market and fight for standing room; but pity 'tis, 'tis true that she must.

Work to Be Done

It is nearing the time when the careful housewife's thoughts turn to the annual spring house-cleaning and renovating, and in order to get the most work done with the minimum of discomfort, it is well to begin the work of preparation early, getting ready "by littles," that there shall be no unnecessary hindrances from neglected details when the season for the work opens in earnest. The use of wall paper, painting, or tinting with patented preparations is now so general that very few homes are considered finished without the application of one or other of these decorative methods to the walls. If wall paper is used, too much thought can not be given to the matter as to colors, designs and styles suitable for the various rooms. We can not all be artists, or even artistic; but there are a few general rules which might be studied with profit. The darkest tones should be on the floor; the walls, a lighter color, and the ceiling lightest of all. Light colors make a room look larger, while dark colors seemingly contract space. Eastern and northern rooms require warm colors, while southern and western rooms should be given the cooler lights. Where windows are lacking, light may be supplied in a measure by papering or tinting the walls and ceiling in very light colors. Glaring effects should be avoided; soft, flat, velvety colors and finishes are restful to the eyes and nerves. No matter what agent is used for illuminating, if the colors "eat up the light," as dark colors will, the room will not be light as where lighter colors are used. Dark colors absorb light, and light colors reflect it. Where paper is used, it is better to get a plain paper—without figure or design—and of good quality. Figured and many-colored wall decorations have a bad effect on some nerves, inducing eye-strain, irritability, and taxing the brain and temper. Especially is this true in cases of prolonged sickness. A few good pictures, portraying pleasing subjects, will sufficiently break the monotony of the long stretches of plain color, and if not restful, the pictures can be changed. Give attention to these matters while yet there is time.

"Bleached Flour"

It is a well-known fact that the bread of today, whether home-made or from the bakeries, lacks the nutty flavor and nutrition found in that which "mother used to make." This lack is very generally laid, in the matter of the home-made article, to the fault of the present generation of housewives. Bearing on this point, the editor of the American Grocer recently said editorially: "It is said that 90 per cent of the flour milled is bleached, or, as some designate it, 'aged' by a chemical process. The excuse is that the people demand white bread. We doubt it. Consumers want sweet, nutty bread, of natural color, and they fail to get it because the flour of today is lacking in flavor. We do not know why, but we do know that appetizing bread is scarce; that the art

of home-made bread making is on the decline. Whether bleaching the flour which naturally comes through age is in part responsible or not, we can not say."

In an address recently delivered by Professor Ladd, he refers to the subject in this wise:

"The purpose of flour bleaching carried on by the use of nitrogen peroxide is a chemical process and not any part of the milling process. It is not, as some claim, an 'aging' process, but it is, as practiced, for the purposes of deception and fraud; and the ingredient used to bring about the change is an active chemical that causes changes to take place in the oil, renders the flour and bread made therefrom less digestible and less nutritious, destroys its characteristic sweet and nutty flavor so much sought for, until the bread produced from such flour at the present time is far from what it should be."

Bread-Making

It is claimed that there are few good bread-makers among the new generation of housewives, and that very much of the stomach troubles that afflict the human family is due to the poor bread made by the home mother and the constantly growing consumption of bread from the bakeries, not only in the cities, but in every town where it is to be had. The first lessons which a girl takes in the art of cookery should be in bread-making, and girls should not be permitted to attempt fancy cooking until they have learned to make good, digestible bread, whether biscuits or raised breads. One can live a long time without pie, pudding, cake or fancy dishes; but good bread is a staple, and should be on every table.

Fashion Notes

Fashion has set the stamp of approval on the leg-o'-mutton sleeves in particular, and most of the new sleeves are variations on this foundation.

Eton jackets are again worn, and are smart and jaunty; like the shirt-waist, they are too becoming and useful to be relegated to the out-of-dates.

For traveling, a navy blue, a dark gun-metal gray, or a black suit is in good taste. The black suit may be brightened by the trimming of the hat, and with these skirts may be worn the blouses during the summer months. The coat can be worn with summer dresses when desired.

Except for fur garments, for which metal or fur buttons are used, the taste is for fabric, tortoise-shell, passementerie or crochet-covered buttons, quite large and flat. A double row of buttons often ornaments the front of garments, one or two on each sleeve, and two at the back to indicate the waist-line. These buttons are naturally merely for ornament.

The one-piece combination undergarment serves the purpose of several separate articles, does away with all unnecessary fullness, is easy to make and its long seams and simple adjustments do away with a lot of time and trouble to the home seamstress. The trimming for the garment may be as plain or as elaborate as one desires.

Guimpes continue to form part of most dresses, square, round or heart

shaped, and are made of net, mousseline, or embroidery, generally with some further adornment. Sometimes the guimpe is faced on the lining of the waist, and in other cases, the guimpe and sleeves form a separate article of dress. The separate slip may be made of lining or silk, and faced at the neck in any desired outline with net, lace, chiffon or embroidery. Whether the guimpe and collar are white or dark, the sleeves of the modish blouse are almost invariably in the color of the blouse, and in dark goods, only a shallow little guimpe and collar of white or cream is shown above it.

For the Home Seamstress

One of the neatest and easiest made aprons for general utility wear is cut in one piece—the only seams in the entire apron is that under the arms, joining the back and front together, shaping the skirt portion to suit the figure. There are no seams on the shoulders, and the neck is cut out round or square, to suit the taste. The hemming of the edges, with buttons and button holes down the back and strings at the waist-seams to tie back, finishes the garment. Four and one-fourth yards are required for the apron in medium size.

A corset cover with a straight edge at the top is made of embroidery flouncing; the only seams are under the arms, where the goods is cut away to suit the figure, doing away with all unnecessary fullness. When these seams are joined, belting or beading is used at the waist-line, and a neat finish of ruffling or embroidery finishes the sleeve holes. Plain white ribbon is run through the embroidery at the top to draw it up to fit the bust. Colored ribbons are not used.

For children, a convenient one-piece apron for home or school service is illustrated in the fashion magazines. It may be cut from any wash goods, either from materials for service about the little responsibilities of the home, or from daintier materials with trimmed edges for school wear. There are no seams to this apron except a short seam on each shoulder, and the edges may be hemmed, faced with some harmonious color, or finished with a ruffle, lace or embroidery. Pockets may be patched to the front, or omitted, and for the closing at the back a little strap, finished like the edges of the garment, is used across between the shoulders.

A coat and skirt suit of dark or mixed colored mohair may be made up entirely without trimming, or it may be neatly trimmed with buttons the shade of the material. For walking skirts, the skirt escapes the floor by three or four inches. Skirts are rather narrow, trimmed in flat lines and buttons, or entirely without trimming of any kind.

Crocheted Rag Rug

Answering M. G.—Collect flannel or woolen rags, wash clean and tear into stripes about an inch wide, or cut, if they can not be torn to advantage; dye them the desired shade with any preferred dye, though the ten-cent package dyes are as good as any; then sew them neatly together as you would for weaving, overlapping about half an inch, so the joining will be strong. Procure a length of clothes-line rope and commence to crochet the flannel strips over the rope, using either a home-made wooden hook, or one sold at the fancy-work stores. This work is be-

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.