



# The Home Department

Conducted by  
Helen Watts McKee

## The Hurrying Hours

How often the thought comes home to me,

As the moments hurry away,  
Of the many things I intend to do  
Somehow, sometime, some day.  
They are promises that have never been kept,

Though I always meant to be true;  
But time is too short for all the things  
That a body intends to do.

I will answer a letter, or read a book,  
I will write a bit of rhyme;  
I will do the things that I ought to do—

Some day when I have the time.  
So I look beyond, as I hope and plan,  
For the days that are just ahead;  
While the day that is here goes into its grave

With its opportunities dead.

Today is the only day we have;

Of tomorrow, we cannot be sure;  
To seize the chance as it comes along,  
Is the way to make it secure.

For every year is a shorter year,  
And this is a truth sublime—  
A moment misspent is a jewel lost  
From the treasury of Time.

—Arthur Lewis.

## "Health Foods"

Very soon planting time will be upon us, and it is well to have your garden seeds ready. If you have but a few feet of ground, you can grow many things, and there is nothing more healthful than an abundant supply of "early greens." The lettuces, cresses, spinaches, and many other quick-growing salad vegetables are better than drugs for clearing the complexion and giving brightness to the eye, and all of them are easily grown. Olive oil is recommended by all physicians as one of the most nutritious of food products, and this, with a liberal use of salads, whether fruit or vegetables, is an excellent medicine for the spring months. If one can handle a hot bed, even a small one will pay for its cost many times over in starting seedlings for early transplanting to the border, while the rapid-growing radishes and lettuce will be ready for use in a very short while. The work of hot-bed making and tending is not arduous, and with the help of the "gude mon" in excavating and getting the soil ready, it will take but little of the housewife's time and strength to look after it successfully.

The houses of many people are usually dirty, painfully and plainly so, and the mansions of the rich are often more unclean in an obscure and subtle manner than one can well believe. It is a foolhardy thing to inveigh against a style or fashion, but the fashion that is so evidently pernicious and harmful as the profuse use of shades, curtains, hangings, carpets, cupboards, crooked-legged tables, and the like incumbrances, should be done away with in the interests of health. They are all dirt-catchers and disease breeders, says the Family Doctor, and under their protection the germs and bacillus increase and multiply to an alarming extent. There is no better disinfectant

**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.

tant than soap and water and a good wash rag, aided and abetted by plenty of sunlight and fresh air, and these will not fail to clear the premises of many deadly foes to health and happiness.

## Training a Child

It is unfortunate, in a way, for the general business of education that the young child is usually so winsome. If he did not appeal so strongly to grow-up people, they would not tolerate his dictatorship, and it would be better for him in the end. But most adults like to see a little thing assert himself; they think it is quite a joke that one so small should show so much spirit, and so they encourage his tyranny by rewarding him with their smiles—when he knocks some one in the face, for instance. Of course, no physical harm can come of this during the first two or three years, while he is so helpless; but the boy of eight or nine years is a different proposition. He may now proceed on exactly the same principle as he did at two years old, but, instead of his expressions being received with smiles, they are returned with blows. Herein lies the tragedy of child-training in many a home. The child acquires certain attitudes toward people during the first two years that he can not possibly be allowed to continue during later years. As he grows older, the parent, the teacher, and possibly society at large, are in constant conflict with him to undo what was unwittingly established in the beginning. \* \* \* The only way a child can tell that some actions are wrong is that they are resented by the people about him; they do not turn out well, so they must be abandoned. \* \* \* On the whole and in the long run, that child will be far happier who early suffers for wrong doing, rather than he who is allowed, for the sake of immediate peace, to continue his erring ways. Sooner or later, the parent must forbid actions that earlier have been allowed, and right here begins the struggle which often results seriously for both the boy and his parents. —M. V. O'Shea, in Twentieth Century Magazine.

## The Cost of a Chicken

In Good Housekeeping, Helen Louise Johnson, who is considered an authority on culinary matters, gives the following as to cost of a chicken: The chicken was purchased with head, feet and feathers removed. It was partially drawn, as they are usually prepared for city markets, weighed three and three-fourths pounds, and cost seventy-five cents. At the market, the chicken weighed three and three-fourths pounds; when ready for fricasseeing, it weighed three pounds, the twelve ounces being the weight of head, feet and waste portions. The chicken was carefully stewed, removed from the broth and weighed. It was found to have lost eight ounces in cooking, hence there was remaining to serve two and one-half pounds of chicken, for which had been paid seventy-five cents—thirty cents a pound. After the chicken had been consumed, the weight of the bones, gristle, skin, etc., was determined; these weighed one pound and five ounces. The edible part of the chicken was exactly one pound and three ounces. The chicken, then, cost just seventy-five cents, or a lit-

tle less than seventy-five cents a pound. If any one said that beef had gone up to seventy-five cents a pound, you would at once have said that the price was prohibitive. Yet housekeepers again and again pay fifty, sixty, seventy and eighty cents a pound for meat when purchasing chickens, ducks and broilers. In the final cost of the chicken is to be considered the fuel, especially if the fuel is gas.

## Evaporated Fruits

These may be made very palatable, with proper cooking. Get the choicest brand possible, wash thoroughly, and put to soak in plenty of water for twelve hours, or over night. Pour off this water, and boil the fruit in clear water in a porcelain-lined kettle closely covered. As the fruit is already soft and tender it will require but little further cooking, and when it has boiled up well, add sugar as liked. The soaking will carry off the strong taste, will soften the fruit, and the little cooking will not dissipate the flavor.

## The Cocoa Bean

Cocoa, or more properly cacao, is a product of the seeds of several small trees which belong to the tropical countries of America. The fruit is in form of a seed-pod, and each fruit contains from twenty to forty seeds, which are called cocoa beans. The seeds are roasted before being put upon the market in the form of dietary food. After the fat is removed it is sold as cocoa butter, and is used for the making of toilet preparations, and in surgery and medicines in various ways. For the cocoa we use on our tables, the bean is ground up, and when sweetened and pressed into cakes, it is called chocolate; chocolate is consumed either in solid or liquid form, and is considered very nourishing. Both chocolate and cocoa in form of beverages, are sipped, rather than drank, in the form of broths; they contain much nourishment, and finely ground solid matter held in suspension. Where it agrees with one's digestive organs, it is much more healthful and harmless than either tea or coffee.

## Odds and Ends

It is said of Louisa Alcott, that she never had any inclination to marry; she loved freedom and activity and independence; she could not cherish illusions tenderly, and always said that she got tired of everybody, and felt sure she should tire of her husband if she ever married. Women stand well in the world of science. The discovery of radium was made by Madame Curie; Mrs. Hertha Ayrton of London has gained world-wide reputation in the domain of electricity, and one of the most successful users of the Finsen rays in tuberculosis is Dr. Mary Jackson, of Illinois.

Dickens, the novelist, was born February 7, 1812, and died June 9, 1870. His biographer tells us that the first twenty years of his life was spent in apprenticeship to poverty; the second twenty, in hard work and growth, and the last third of his life was full of prosperity and adulation.

## For the Home Seamstress

It is not at all necessary to make mistakes in setting in sleeves if the notches on all reliable patterns are properly marked when cutting out.

If through mischance, these marks have been obliterated, find the center of the curve of the upper part of the sleeve and place it exactly at the top of the shoulder—nearly always the top of the shoulder is an inch or so forward of the shoulder seam. The inside seam of sleeve is placed usually three inches forward of the under arm seam; but patterns vary somewhat, as well as the arm, or form, and the eye must be trained to know the line and the shape that feels comfortable and looks right. The garment must be tried on to fit the sleeve in, and much must be learned by experiments, and the work should be done very carefully and slowly at first. If, in making an outer garment, such as a coat, the high-shouldered effect is desired, hem the lining of the sleeves over the seam; for a sloping line, hem the lining of the coat over the seam.

In case of a lapped seam, the turned edge should be on the right side of the garment, and one edge should be left slightly wider than the other. After stitching the seam together, the widest turning should be turned in and tacked down to the garment so it will cover the narrower edge; the stitching should extend as near the edge as possible, the wider turning of the seam being finished before the stitching is done as in a run, or felled, seam. The wider edge should always be placed on the upper side of the machine in order that the right side of the stitch may be on the outside of the seam.

In fitting a bodice, the seams joining the form to back, and the darts should never be altered, and the shoulder seam as little as possible. Other seams may be taken up or let out in any necessary way to make the correct shape.

## Query Box

M.—Heal the cold sores by applying spirits of camphor several times a day.

V. A.—Recipe for mustard pickles will be given in season. If given now, it would doubtless be lost or mislaid by the time it would be wanted.

Mrs. D.—For the liquid blueing, get one ounce of soluble blue and one-half ounce of oxalic acid, pulverized. Dissolve in one quart of pure rainwater. The acid will hold the

## GOOD CHANGE

### Coffee to Postum

The large army of persons who have found relief from many chronic ailments by changing from coffee to Postum as a daily average, is growing each day.

It is only a simple question of trying it for oneself in order to know the joy of returning health as realized by an Illinois young lady. She writes:

"I had been a coffee drinker nearly all my life and it affected my stomach—caused insomnia and I was seldom without a headache. I had heard about Postum and how beneficial it was, so concluded to quit coffee and try it.

"I was delighted with the change. I can now sleep well and seldom ever have headache. My stomach has gotten strong and I can eat without suffering afterwards. I think my whole system greatly benefited by Postum.

"My brother also suffered from stomach trouble while he drank coffee, but now, since using Postum he feels so much better he would not go back to coffee for anything."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.