



# The Home Department

Conducted by  
Helen Watts McVey

## March

She comes, with her gray eyes wet  
with tears,  
And at times she is wreathed in  
snow;  
Yet winter trembles when she ap-  
pears,  
For she warns him that he must  
go.  
His dark, cold mantle is round her  
still,  
His hands still clutch her arm,  
But she smiles in spite of his pres-  
ence chill,  
With a subtle, illusive charm.

She kisses the branches so brown  
and bare  
With a promise of green ere long,  
And her whisper throbs through the  
list'ning air  
Like the notes of some sweet old  
song.  
She bids the hazel his boughs to deck  
With tassels of fairy grace,  
And the crocus in brave, bright love-  
liness,  
Looks up in her earnest face.

She may not linger to see fulfilled  
The hopes that her whispers  
bring;  
Her longing pulses may never thrill  
To the sweet caress of spring.  
What matters it, then, that with  
stormy moods  
She breaks fierce winter's band?  
The joy of her coming is only known  
To those who can understand.

—Sextus Monett.

## Gleanings from the Style Books

In millinery, the broad, rather flat  
shapes with low crowns, and the me-  
dium shapes and large turbans with  
high crowns are seen. For trim-  
mings, flowers, feathers, fancy and  
ostrich, and everything in the way  
of ribbons, silks and velvet, as well  
as metal and gold and silver effects  
are used. Metal and jet forms of  
ornaments are favorites.

Chip and leghorn hats, bent and  
twisted in many shapes, some broad  
with wide, undulating brim and low  
crown, so handled as to suggest the  
mushroom shape. The tall crown is  
seen only in small hats and turbans.  
Many lovely white hats are shown.  
Hats of coarse straw are trimmed  
with ribbon, feathers, flowers, and  
all kinds of metallic effects in orna-  
ments are employed. Some of the  
silk and velvet roses are huge in  
size, and show both plain and shaded  
effect.

For children's headwear, the pic-  
turesque and attractive hats, easy of  
home trimming, are in either fine  
or rough straws—the latter being  
the favorite. Streamers are much  
used, and look very graceful on  
children. For the small girl under  
six years old, the bowl-crown, mush-  
room shape in straw in many sizes  
are favored. These are trimmed with  
a delightful simplicity. Loops of  
ribbon closely massed around the  
crown to resemble ruching or quill-  
ing, scarfs of all sorts with tasseled  
ends, are the most popular trim-  
ming. For babies two years old and  
upwards the styles do not show much  
change, but new ideas in trimming

**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-  
rhoea. Twenty-five cents a bottle.

are developed. Washable bonnets  
in lingerie effect are being shown.

## "The Best Soap I Ever Used"

In The Commoner of April 3,  
1908, was given a recipe for home  
made soap, with the above title. A  
reader, who endorses the recom-  
mendation, having mislaid her copy  
of The Commoner, asks that we give  
it again. Here it is: Measure  
twelve quarts of rainwater; put six  
quarts of this into a large iron or  
copper kettle and put over the fire.  
When it comes to a good boil, add  
five pounds of any kind of grease,  
from clean tallow to cracklings from  
which the lard has been tried, and  
let this boil for a few minutes until  
it gets thoroughly warmed, stirring.  
Then add gradually the contents of  
one box of potash (concentrated  
lye). Have previously dissolved in  
one quart of the water already meas-  
ured, four ounces each of borax and  
sal soda, and when the soap has  
boiled until it "ropes" off the paddle  
on being lifted (usually about half  
an hour, but give it plenty of time)  
add the borax and soda, stirring well,  
and then gradually stir in the re-  
maining five quarts of cold water.  
This must be thoroughly stirred in-  
to the soap. Then pour the soap  
into any vessel or mold and allow it  
to cool, when it can be cut into  
chunks or bars and allowed to thor-  
oughly dry in the air. The soap  
should not be used for several weeks,  
until it has had time to ripen. Many  
of the recipes given in this depart-  
ment are very valuable, and it would  
pay our housewives to preserve them  
in a scrap book.

## Foods as Laxatives

Graham mush, Indian meal mush,  
oatmeal mush, apples, peaches, rhu-  
barb, oranges, prunes, pears, spin-  
ach, squash, and other green vegeta-  
bles are said to be laxative. Bran  
gems, gingerbread, molasses cookies,  
molasses, olive oil, cream, and water  
if taken in considerable quantities.  
Water does not chemically affect the  
foods, but it plays an important part  
in our food supply both summer and  
winter. Drink a glass of water half  
an hour before breakfast, another a  
half hour after each meal, and one  
at bed time. Ice water should not  
be taken at any time, but drink the  
water of the temperature that is  
most satisfactory to taste and  
stomach.

## Contributed Recipes

Whole-wheat breads, to be whole-  
some and palatable, must be well  
made. Here is a good recipe: Dis-  
solve a cake of compressed yeast in  
a quart of warm water and add  
enough flour to make a batter;  
let this rise and then add half a  
cupful of sugar, a piece of butter  
about the size of a medium hickory  
nut, a quarter of a teaspoonful of  
soda dissolved in a little water, a  
half-teaspoonful of salt, and flour  
enough to make a stiff dough. Set  
this in a warm place until well risen,  
then mold into loaves, let rise again,  
and bake in a moderate oven.—Mrs.  
Fannie C.

Buckwheat Cakes—If it can be  
had, use straight buckwheat flour in  
this recipe: Dissolve half a com-  
pressed yeast cake in a little warm  
water, and pour it into a large mix-  
ing bowl, adding three large cupfuls  
of buckwheat flour, and mix all  
thoroughly, adding enough warm wa-  
ter, or equal parts of sweet milk and  
water, to make a very stiff batter.

Cover the bowl and its contents  
closely, so it will keep warm, and  
set in a warm place over night. In  
the morning add a salt-spoon of salt,  
two tablespoonfuls of good molasses,  
and enough skimmed milk to make  
a thin batter, stirring well. Let this  
stand for a few minutes, then have  
the griddle well greased and piping  
hot, and cook the cakes very thin to  
a delicate tint of brown; eat while  
hot with butter, molasses or maple  
syrup.—Ida C.

Corn Fritters—These may be  
made of either the fresh or canned  
corn. If canned corn is used, re-  
move the corn from a pint can, then  
beat up an egg, adding the pulp and  
juice of the corn to it by degrees,  
beating all the time. When com-  
pletely blended, add a tablespoonful  
of melted butter, a gill of sweet milk,  
a dash of pepper, a quarter spoonful  
of salt, and finally, enough flour to  
thicken the mixture sufficiently to  
prevent falling to pieces in the fat,  
beating it well to blend perfectly.  
Have some fat in an iron kettle or  
deep skillet, and when it is thorough-  
ly hot, drop the batter into it with  
a tablespoon, turn, if the fat is not  
deep enough to brown evenly on both  
sides, and as soon as done, serve im-  
mediately. These are not good when  
cold.—Mrs. Annie C. Evans.

## Burning Sulphur

For disinfecting a room, or exter-  
minating insects in walls and floors,  
every crack or crevice must be closed  
with paper pasted over, or the  
cracks stuffed so as to make the  
room as near air-tight as possible.  
Then put a big iron kettle in the  
middle of the room, lay a brick or  
two in the bottom, and on this set  
an old seamless pan or skillet and  
pour into it about a pound of sulphur,  
pour an ounce of alcohol over it,  
stick a short fuse in the sulphur, set  
fire to it and go outside at once, clos-  
ing the door; in a few minutes look  
in through the slightly opened door  
to see if the sulphur is burning, and  
when assured, close tightly and leave  
closed for twenty-four hours; then  
open and air well before using. The  
fumes of sulphur are very poisonous,  
and on no account should be in-  
haled.

## Query Box

Interested Reader—The pickle  
recipe given in July number will be  
repeated in season. If wanted now,  
please send addressed stamped en-  
velope for copy of it.

D. H.—Wishes to know how to  
color a meerschaum pipe; whether  
it can be satisfactorily done by an  
amateur, and if not, where it should  
be sent to have it colored.

Mrs. A. W. T.—Wishes the words  
of a poem, entitled "Face Against  
the Pane," commencing, "Mabel,  
timid Mabel, with face against the  
pane." If the words are sent, they  
will be forwarded to her. Another  
reader, Mrs. G. W., wished a poem—  
quite old—commencing "Of what is  
the old man thinking, as he leans  
on his old, oaken staff."

M. M. M.—Wishes to know how  
to make an oiled coat of cotton  
cloth, one of the ingredients used  
being linseed oil. Would like to  
know other ingredients, proportions  
and method of applying.

S. L.—Most department stores  
will have sponging done if the cus-  
tomer requests it, charging a few  
cents additional per yard for the  
work. The labor is well worth the

charge as, though not difficult, it is  
tedious, and must be carefully done.  
Ella M.—Sallowness of the skin is  
not always caused by liver disorders,  
but is sometimes the result of poor  
action of the skin. One's diet is not  
always responsible, and a brisk walk  
in the open air, with exercises that  
induce perspiration are recom-  
mended.

Home Seamstress.—An excellent  
material, not only for grown-ups, but  
for children, is cashmere. It has  
never lost its popularity, and is be-  
ing revived because of its excellent  
qualities and reasonable price. Some  
of the soft serges are excellent.

M. L.—Crocheted laces are very  
popular, and if you are skilled in the  
use of the crochet hook, you can  
supply yourself with many accesso-  
ries, at small cost. You may be able  
to sell the work, if it is neatly done.  
It is nice "pick-up" work.

## Frosting for Cakes, Pies and Pud- dings

In making meringues, or frosting,  
use the fine granulated sugar, not  
the powdered, and it will neither fall  
nor be tough. For one large pie,  
take the stiffly beaten whites of two  
eggs, and add gradually to the  
white two tablespoonfuls of the  
sugar, beating hard all the time un-  
til it is quite stiff—several minutes  
time. Spread this on the pie or pud-  
ding and return the dish to the oven  
to color a delicate brown.

For an icing without eggs, a reader  
sends in the following: Take XXXX  
confectioner's sugar, roll and sift;  
then place in a bowl and add a little  
at a time, sweet cream, or rich sweet  
milk, just enough to moisten the  
sugar to the proper consistency for  
beating, adding a very little soft but-  
ter, beating and stirring until the  
mixture is light and creamy. The  
amount of cream or milk must be  
largely a matter of judgment on the  
part of the maker, but experiment  
carefully.

## The Passing of the High Pompadour

Dame Fashion has decreed that  
the piled-up style of hair-dressing

## PRIZE FOOD

### Palatable, Economical, Nourishing

A Nebraska woman has outlined  
the prize food in a few words, and  
that from personal experience. She  
writes:

"After our long experience with  
Grape-Nuts, I can not say enough  
in its favor. We have used this food  
almost continually for seven years.

"We sometimes tried other adver-  
tised breakfast foods but we invari-  
ably returned to Grape-Nuts as the  
most palatable, economical and nour-  
ishing of all.

"When I quit tea and coffee and  
began to use Postum and Grape-Nuts,  
I was a nervous wreck. I was so  
irritable I could not sleep nights, had  
no interest in life.

"After using Grape-Nuts a short  
time I began to improve and all  
these ailments have disappeared and  
now I am a well woman. My two  
children have been almost raised on  
Grape-Nuts, which they eat three  
times a day.

"They are pictures of health and  
have never had the least symptom of  
stomach trouble, even through the  
most severe siege of whooping cough  
they could retain Grape-Nuts when  
all else failed.

"Grape-Nuts food has saved doc-  
tor bills, and has been, therefore, a  
most economical food for us."

Name given by Postum Co., Battle  
Creek, Mich. Read "The Road to  
Wellville," in packages. "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.