

The Home Department

The Prisoners of Pain

There are many prisons of brick and stone, with windows barred and small,
And many an eye looks wearily out on the grim enclosing wall.

We pity the prisoners of man, shut out from the light and air—
Whatever their sin, we must forgive when we think of the doom they bear.

But hope goes with them, every one—
—hope for the open door—
Hope for the day when they shall be free, in God's outdoors once more.

But, oh, the prisoners in pain! How few know where they lie
—With white, set faces, shut away from kindly sun and sky.

They long to see the day go by—
they hate its prying light—
And yet still more they long to see the passing of the night.

Summer or winter, storm or sun, the world at war or peace—
What can they care? They only ask from pain a swift release.

Never again the turf will yield like velvet to their feet,
Never again the north wind's wine, and all that makes life sweet.

No hope breathes comfort in their ear—for death alone can be
The warder of the open door, to bring them liberty.

But, oh, the weary, pain-filled hours!
How slow they drag along,
With laughter in the world outside, and happiness and song!
—Ninette M. Lowater, in New York Sun.

For some time I have noticed inquiries in your paper for the words of an old song. I give you as I remember as follows:

Of what is the old man thinking,
As he leans on his oaken staff?
From the May day pleasures shrinking;
He heeds not the merry laugh.

But the tears of the old man flow,
As he looks on the young and gay;
And his gray head moving slow,
Keeps time to the air they play.

The elders around him are drinking,
But not one cup will he quaff;
Of what is the old man thinking,
As he leans on his oaken staff?

There's a spell in the air they play,
And the old man's eyes grow dim;
For it calls up a past May day,
And the friends that are lost to him.

This is as I remember it sung twenty-five years ago. There may be another verse, but if so I do not recall it.
N. B. MORAN.
Crookston, Minn.

For the Children

School and best dresses for small girls show decidedly fuller skirts, very few of them gored; kilted and gathered skirts are most in vogue. The majority of the dresses are made with a normal waist line, though the long French waist will be much used. Yokes are not as

deep as they were, and long sleeves continue to be in favor. A model much liked is the plain, one-piece sleeve tucked at the wrist; rather full bishop sleeves are also good style for guimpes. School dresses to be really practical should be made of materials and in styles that will launder well. Dresses buttoned up the front will be much worn for fall and winter by school girls. They may not all be made in one piece, but will have the waist and skirt joined at the waist-line to give the one-piece effect.

With the aid of a good paper pattern, the school girl's outfit may be readily made at home, and many of the patterns lend themselves admirably to "making over" garments that are to be handed down.

"The Semi-Princess Style"

Practically any skirt and waist can be joined in semi-princess style. Put your skirt on over your waist and adjust the waist so that it sets smoothly and comfortably under the arms and across the back. Arrange the fullness of the front in a becoming manner so that it neither blouses too much nor is drawn down too severely; join the waist and skirt together very carefully; if the skirt seems to go up a little in front, making an awkward waist-line, cut it out a little; baste the skirt and waist together carefully and try it on. If the dress sets satisfactorily it can be stitched together and the seam covered by a belt of the material, ribbon, or insertion. The belt should be stitched on both edges and the material cut away from beneath, since the object of the semi-princess designs is to have as little bulk at the waist-line as possible.

A Light Wrap for Baby

As the cool weather approaches, while not yet cold enough for the warm cloak, it is still necessary to throw a light wrap about the baby on going out doors. Here is one easily made, easily laundered, and very pretty: A square of baby-flannel, cashmere, or other soft goods is used. One corner is rounded and button-holed with white wash silk; a band of ribbon is then sewed around the edge with two small buttonholes made in the top or corner; this is for the ribbon to be drawn through, shaping the corner, or hood, to fit the baby's face. Carry this idea about the neck, the three corners, sides and bottoms being either hemmed, or button-holed, and if the maker is clever with the needle, little bunches of color in faint shades, made of wash silk, may be done along the edges. The garment may be lined or not, but a very pretty lining is a thin white silk. This little garment is a great protection against sudden drafts, the chill of evening, or a change in temperature of the room. It can be made very prettily of a good grade of flannel.

Cutting Out a Stock Collar

Measure the neck at the top of the collar, then fold a piece of paper that is two inches longer than the neck size, exactly in the center. The width of the paper should be one and one-half inches more than the stock is to be when finished. The fold of the paper is the center of the front. Mark the upper edge A, the lower edge B, the fold C, and the end D. For a neck measure

that is twelve inches, the stock is to be two and one-half inches wide when finished, if desired very high. Fold a paper fourteen inches long and four inches wide; mark down line C from A one and one-half inches, and place dot 1; mark up line D from B one and three-fourth inches, and place dot 2; mark from D on line A one inch, and place dot 3; draw a curved line from dot 1 to dot 3; this is the upper edge of the stock. A curved line from the end of line B to dot 2 forms the lower edge, and a straight line from dot 2 to dot 3 forms the end of the stock. Cut on dotted lines, unfold the paper, and you have the pattern entire. Lay the pattern on medium weight tailor's canvas and cut out. The material is cut one-half inch wider all around and is sewed to the canvas, turning in the edge all around one-half inch. After this is properly adjusted, a lining of lawn or silk is hemmed in on the inside. The outside material may be made either plain, or tucked, shirred, or trimmed according to fancy and material.

Fashion Notes

There is great variety allowed in the make of garments. Gowns for autumn and the coming winter are made with short waists, princess gowns with long waists, and gowns girdled at the extremely long waist-line. Full skirts, straight skirts, plain circular skirts and kilted skirts are to be worn. Sleeves will be both long and short. Two things are absolutely positive—small shoulders and the prevalence of the tailored suit.

Many skirts are long and made with a deep hip-yoke. The close-fitting yoke reaches well below the hips; skirts will be fuller, but are not wide. The princess with clinging kilt below the hips seems in high favor. The long, straight lines are still the mode.

The draped skirt is conspicuous in dresses for dressy occasions, the drapery being in the form of a rather scant overskirt, or it may affect the outline of the pannier. Many skirts show sash draperies. Many of these are arranged low on the skirt and knotted behind. Jet trimming in many varieties will be worn on autumn and winter gowns.

"Peach Cobbler," Etc.

Marion S. asks for a "real, old-fashioned peach cobbler." Here it is: Peel, halve and pit the peaches, which must be of the best; simmer them, if too firm, a few minutes, but if "just right," they will not need cooking. Make a good short-cake dough, not too rich and line the sides, but not the bottom of a biscuit pan. If the peaches are cooked, let them cool, turn the peaches with any juice there may be, into the pan, or lay the solid pieces thickly over the bottom. Add a heaping cupful of white sugar and a spoonful of butter in little bits, to the peaches. Roll out a thin top crust and cover, making an incision in it for a steam-escape. Dab over the crust a little melted butter, bake in a moderate oven, and when done, turn bottom upward on a large plate or platter; the top crust may be taken off first, if desired, and laid upside down, and the fruit and syrup poured over it. This should need no

sauce, but should be served with a glassful of rich, cool sweet milk.

Apple cobbler can be made in the same way, choosing only tart, ripe, well-flavored apples.

Apple Jellied with Cream—Wash and wipe tart, sound, well-flavored apples; core, but do not peel, digging the core out with a knife made for that purpose. Place in a baking pan and fill the place of the core with sugar, laying on each a bit of butter; add to the pan a cupful of water, bake in a moderate oven until done, basting with the water in the pan occasionally, to which water a cupful of sugar should have been added, for making the syrup. When done, take out carefully, keeping each apple whole, and pour the syrup over the apples. This will form a rich syrup over and around the apples. Rich sweet cream may be served with each helping, but it is good with a plainer sauce.

For the Toilet

After shampooing the hair with soap suds, the soap must be well rinsed from the hair, as if left, the alkali injures the hair, causing it to become dry and dead looking. Rinse in several waters, until the last one looks entirely clear. Egg shampoos are quite as cleansing as soap, and the sulphur in the egg is an excellent strengthener.

Unwise eating will cause the skin to be blotchy, red and oily. One with such a skin should live principally on lean meats, green vegetables, fruits and plenty of water. The body should be bathed with cool water, and at night the face should be bathed in hot water, with a little pure soap, after which a good skin food should be applied.

Teeth that are not cared for daily soon show the neglect. After every meal, the mouth should be washed out with a dilution of peroxide of hydrogen two parts and water one part, rinsing it around well with the muscles of the cheeks and the tongue. It will foam like soap, but is not bad-tasting. For a hollow tooth, nothing is better (except a visit to the dentist) than to wash out the cavity with pure peroxide, then pack it full of cotton which is saturated with strong spirits of camphor. This will greatly relieve even the sorest tooth, and prevent a bad breath.

The health magazines tell us that the "yellow peril" which our nation has most to fear is the "wasted, tawny, yellow-tinged faces of the millions of invalids and semi-invalids that constitute so large a part of the population of every civilized land." The health writers tell us that this dirty, muddy tinge is the result of a deposit in the skin of poisonous matter, and the putrefaction which affects every fibre and cell of the body and brain. This coloring is the real yellow peril, and the remedy consists largely in starving out the poison-forming germs by eliminating unhealthful foods from our daily diet, and that the dinner table is the recruiting ground of nearly every enemy to physical well being.

Answering Requests

Here are the directions for preserving fruit in the sunshine: The fruit must be of the very best quality, just ripe and firm, the plates or platters must be hot, and the sunshine strong and steady. Allow one pound of sugar to one pound of fruit, using the best granulated sugar; bring the sugar to the point of melting by spreading on tin plates in a hot oven, but do not let it either turn brown or melt entirely—it must be brought just to the point of melting; spread a thin layer of this prepared sugar on deep, hot plates or platters, a layer of fruit on this, then another layer of sugar; cover