



The Home Department

Conducted by
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Motherhood

Dear heart, overburdened with work and care,
Such as loving mothers must ever bear,
Longing for one little day of release,
To pluck from hurry, one day of peace,
In which to quiet the heart and brain—
One day to be free from the terrible strain
On nerve and temper, away from the noise
Of your romping, rioting girls and boys,
May you, every day, of the dear Lord ask
Strength to be patient with your great task;
For the time may come when the empty walls
Will echo but sound of your lonely calls;
When you'd welcome the footprints on the floor,
The marks of fingers on wall and door,
And the streaks and smears on the window pane,
If only the little ones came again.
The time will come when the little feet
Will find their way to the luring street;
Or the busy hands may be folded—still,
Never again to provoke your will.
Thus, or so; they will come no more—
Never the children that went before.
Ask, then, for strength and patience sweet
To guard the hearts and to guide the feet.

—L. D. L.

The New Year

We have all been turning leaves and making resolves; but if we have not turned the leaves in the right direction, or made the resolves along the right line, it is all a waste of nervous energy. It is better just to resolve from day to day; to give ourselves a little latitude for failure, and for a new beginning. One of the things we should resolve to do, and then do it, is to make the next step in the right direction. Let tomorrow take care of tomorrow, and give all your energies to the tasks of today. If you can fill the present hour acceptably, you will be ready to take up the tasks of the next; but if you fail the one hour, just push the failure out of sight, and go on with the next, profiting by your failure. Do not promise yourself to do too much; give yourself room. The evil of the age is straining—trying to do more than is possible, and then fretting because we fail. Half the time our bodies are taking their revenge for over-strain. The happiness of many a home is shattered because the over-wrought one becomes irritable and erratic through nerve exhaustion for which there is no excuse. No moment for rest or relaxation is granted the body. It may be from necessary labor to make both ends meet; it may be from ceaseless strain to vie with others; but it means the same thing—burning the candle at both ends. If not restrained, this ceaseless extravagance grows beyond even the control of the wisest physician. So, let us begin the new year, resolved to stop when we are tired, rest both mind and body if only for a few minutes. Resolve

to get all the fresh air we can; to seek cheerful people; to cultivate cheerfulness, ourselves; to fear less what others may say, if we neglect something. Be ourselves, and believe in ourselves. Just one hour, one day, one step at a time.

"Nerves"

A "big, brutal" doctor gives this advice to his patients who are suffering from worn-out nerves. He says study and labor with a definite object are better tonics than rest for many women. Hobbies are blessings when they lead one to forget themselves. Brain culture is a fine tonic, and hysteria cases need mental stimulation rather than sedatives. His advice is to study anything but yourself and your absolutely unimportant feelings and sensations. Be useful; reach out into other lives, and touch upon the strong questions of the day. A complete change of work, though to the house-mother this is seemingly impossible, is one of the very best things for her. Long walks and romping with the children is good. To throw one's self, heart and soul into some absorbing occupation will strengthen the nervous system, if not carried too far. The work cure should extend even to the invalid, confined to her couch, and there are many little, light duties that can be readily and absorbingly done by these ailing ones. It is not always that the hands alone can be brought into service; the mental faculties are often to be aroused, and set to work. Thinking for others, shunning sympathetic friends, looking for all the funny things to be found, seeing the humorous side, are all better than medicines, and can every one be had by "whosoever will." Think health, talk health, look health, and refuse to live under a cloud; and you will see a difference. "Just be glad." It is a long way easier to laugh than to cry, if you only think so.

Parasites in the Hair

This subject will "bob up" whenever the children are in school. One neglected child will soon stock up a whole class. Here is a good remedy: Get a cake of bichloride of mercury soap, and cut it in halves; shave one half and dissolve it in boiling water, over a gentle heat. There should be just enough water to form a jelly-like mixture when cold. Then wet the hair thoroughly in clear warm water, and rub in enough of the jelly-mixture to thoroughly saturate every part of the scalp; give the head a good shampoo with the mixture, then rinse in several clear tepid waters. After the hair is dry, if you wish to wash out the nits, wet the hair and scalp thoroughly with good vinegar; let dry on, and the nits will be dissolved and readily wash out of the hair.

Children's Teeth

Parents should be warned strongly against the practice of having the teeth of children removed, either the first or second set, unless under the advice of a competent dentist. When the first teeth are extracted early, and for a considerable period before the second teeth take their place, the jaw gradually contracts, and thus diminishes the space allotted to the second teeth. The contraction which thus takes place can not again be recovered, and a certain fullness and

rotundity of the face is lost. The first teeth, though frail, and destined for a temporary service, may be preserved until they are displaced by the second teeth, by having the decayed points cleaned and filled properly, though temporarily. Of the necessity of preservation of the first teeth there can be no doubt. The comfort of the child in after life and the good appearance of the face alike demand that these teeth be preserved until they are pushed out by the second teeth. Every child should be taught, as soon as possible, to use a tooth brush and some harmless mouth wash—salty water, or a solution of borax, or diluted peroxide of hydrogen, are all simple and good. A soft wood toothpick should also be used by them. Until they can handle these themselves, the mother, father, or some other member of the family should use them.

For the Toilet

L. T.—If gray hair is hereditary, it is impossible, so far as is known, to arrest its advances; if caused by illness, or sorrow, or trouble, in nearly all cases it is useless to try to restore the original color, as the hair, once having turned gray, will never return to its original color. The best thing to do is to attend to the general constitutional health, and keep the hair as healthy as possible.

F. R. S.—For the hair on the upper lip, try peroxide of hydrogen and ammonia. Take the pure peroxide and saturate a bit of cotton; lay this on the offending hair and leave until it stings; repeat until the hair is bleached, then apply a drop of ammonia after the peroxide, and it is claimed that the constitution of the hair will be eventually destroyed. It will take some time.

For enlarged pores, treatment must be persevered in for a long time, and one of the best ways is to use a soft camel's hair face brush and a bland, hygienic soap; scrub the face with this gently, every night with a warm soap suds, then rinse well in clear water; then wet the face with an astringent—common vinegar is good, and let dry; then apply a little cold cream or skin food, massaging gently until absorbed. This should be done at night.

T. R.—Get a good camel's hair face brush—a bath flesh brush will not do. Soap the brush as you would were you going to scour the hands, and scrub hands, face and neck thoroughly, but gently, then rinse off the soap with plenty of tepid, clear water, dry softly, wet with a toilet vinegar, let it dry on, and use a little cold cream to restore the oil to the skin. The objection to the brush is that most of women use it too vigorously, injuring the skin by unnecessary friction.

For the Home Seamstress

The reason for sponging woolen goods before the material is cut into, is that the moisture, where seams are pressed, is apt to leave an ugly mark, the finished garment is apt to shrink when worn, and if caught in a shower the rain is apt to spot the material. The work may be done at home, or the merchant will have it done for a customer for a few cents a yard. If the goods are expensive, it will pay to put it into the hands of a professional.

Too much stress can not be laid upon the necessity of strictly follow-

ing the lines of the pattern in cutting. As, in folding, the two layers of the material are face to face, the parts cut double are bound to be opposites—one for each side of the garment, and a mistake is impossible. Single-width material not having any figure, stripe or nap, may be folded with the two cut ends together.

For hemming to be done by hand, put the hemmer attachment on the machine without thread, turn an even hem at the start, run the goods through the hemmer as if sewing, and afterwards hem by hand. The line of perforations is easy to follow. For hand-run tucks, use a coarse needle, mark with the machine as above, and run thread in the holes thus made.

To keep silk thread from unwinding too rapidly when sewing on the machine, put a small piece of thick cloth under the spool.

This is the season for making up underwear, and plain house dresses, turning and rejuvenating out of date garments, and making over and cutting down for the children. Many an old garment can be brightened up with a bit of plaid or cheerful trimming, and skirts lengthened by insets or seams hidden by tucks or trimmings.

Buy only good materials, and select clear, clean looking designs. Machine made laces are to be preferred to poor embroidery, and the tortions wear well and do up nicely.

Renovating

To clean a felt hat, if the felt is soiled, remove the trimming and brush the hat well; cover with a paste of gasoline and bran; make this paste as soft as possible without being wet, apply it thickly to the hat, pressing it on firmly with your fingers. The gasoline will evaporate very quickly; then the bran can be shaken off, and the hat should be quite clean. Gasoline must not be used near a fire or flame of any kind, as it is highly inflammable. Even in a room next to one in which there is a fire, it is dangerous to use it.

If ribbon bows are limp, unpleck, remove all stray pieces of thread, brush and put the pieces to soak for an hour in a weak solution of cold sugar and water. Have this solution made beforehand, three or four lumps or heaping teaspoonfuls of white sugar being dissolved in a pint of boiling water, and the mixture being allowed to get perfectly cold before putting the ribbons into it. When they are well soaked, take them out and roll them up as tightly as possible; do not wring them, as this will crease them beyond hope. Put the little rolls away until they are almost dry, then spread out the ribbon between two clean cloths and press with a hot iron. Ribbon treated in this way regains the necessary stiffness without the shininess so often visible on ironed silk.

To freshen velvet, if it is crushed, stretch it tightly between your hands and move it to and fro over the steam of a boiling kettle until it is thoroughly damp. Have ready a board covered with a clean napkin; lay all the velvet on the board, and fasten round with drawing pins; set it aside to dry, and the pile will come up again, and look as good as ever. Nothing must touch the velvet while it is drying, or a bad mark will be made, which will remain until the velvet has undergone another steaming.

Contributed Recipes

Rabbit Fricassé—Cut up the rabbit, season with cayenne pepper, salt and a little chopped parsley. Pour in a pint of warm water, or veal broth if you have it, and stew over a slow fire until the rabbit is quite tender, adding some bits of butter