



The Home Department

Conducted by
Helen Watts McKee

AN OLD POEM

"For an Album"

You look to the future—on—above;
I only look on the past;
You are dreaming your first dream
of love,

And I have dreamed my last.
You watch for feet that are to tread
With yours, on a shining track;
I hear but the echo, dull and dread,
Of the feet that come not back.

You are passing up, on the flowery
slope

I left so long ago;
Your rainbows shine through the
drops of hope,
And mine through the drops of
woe.

Night glides in its visions sweet
away,

And at morn you dream them o'er;
From my dreaming by night and
my dreams by day,
I have wakened to dream no more.

You are reaching forth with a spirit
glad

To the hopes that are still untried;
I am putting away the hopes that I
had

That have slipped from my arms
and died.

And I pray that the blessedest
things there be

On your future may descend;
But, alas, for mine! It were well
for me

If I make a peaceful end.

—Author Unknown.

(By request.)

After Garden Work

Many women, after working over their plants, or in the garden, find it very hard to remove the soil from the fine creases of the hands and fingers. If the hands are well rubbed with a little clean, sweet lard, and the lard allowed to soak into the creases for a short time, this will soften the dirt so it can be readily washed off with a mild soap and quite warm water. A brushing with a soft flesh brush will help matters, and when all the marks of soil are removed, the hands should be rinsed in cold water and a little cold cream rubbed into the cuticle to restore the oil removed by the hot water. Careless washing and hasty drying causes rough, ugly hands, and sudden changes from hot to cold water in the various household duties make them rough and red. Such hands are always dirty and always uncomfortable, as the rough surface catches and holds the dirt. One of the best things for smoothing the hands is a lotion made of rosewater, eight ounces, pulverized borax, one ounce, glycerine, one ounce. After drying, while the hands are still moist, rub a few drops of this lotion over them.

To prevent tan, there is nothing better than the old-fashioned sun-bonnet, the cape of which protects the back of the neck, while the deep front protects the face. Loose cotton gloves should be worn about the work, as well as for all kinds of sweeping, dusting, and other grimy work. Woolen gloves should not be used, as they heat the hands and injure them. The loose gloves may be home-made, or they can be bought in the stores for ten cents per pair.

Wear thick soled shoes while working about in the soil, to protect the feet from dampness. Do the garden work as much as possible

in the cool of the morning, even if the housework must be done later. Indoors you will have shade. Let the "gude mon" do the heavy gardening with the horse and plow, or the hand hoe.

For the Summer Outings

One of the most useful things for the summer outing, is the microscope. Beetles and bugs may not be very interesting to the casual observer who sees them only at a distance from the eye; but seen through even a low-priced microscope, there are many wonderful things about them. Children are naturally interested in the lowly life at their feet, and a little helpful guidance will make the study not only an interesting, but a fascinating one, and much information may be gained from the use of the glass a few minutes every day. Not only is the animal life interesting, but plant life is full of mystery which only the microscope will elucidate. One does not need to go outside the gateway of the home to find food for thought. The fly will present a fascinating study, in itself. The soil, the pebble, the vegetation, are all full of interest to the student, and the shore of the little purling stream swarms with most wonderful things unnoticed by the natural eye. A kodak is also a fine thing for the outing, and the cost is not great. Many beautiful bits of scenery may be brought home from the afternoon outing, and the cost is not great source of pleasure for years. We slight so much that is at our hand, in sighing for the far-away.

Worry Not the Worst

We are often warned not to worry, and are assured that it is worry, not work, that kills. In many cases, it is worry, the pure, unadulterated "looking for things that never happen;" but often in the lives about us, it is grief—grieving—that kills. In many homes where there is not the slightest occasion to worry, we see unhappy women, and sad looking men. We can not look down into their hearts, but if we could, we should see, not worry, but grief—a sorrowing over some loss that can never be replaced; some vacancy that can never be filled; some grief that kills by slow torture. Worry is not the worst.

The Spring Upheaval

Some housewives go at dust and dirt with only an idea that it is to "move on." They never learn to gather it up with a soft brush and a dust pan, and thus consign it to the ash can. Before taking up the carpet, it should have scattered over it shredded newspaper, squeezed out of a pan of water, then carefully swept, a few feet at a time, thus removing the surface dirt. If there is a grass-plate (and there should be, if possible), the carpet may be carried out and the under side turned uppermost and given another good sweeping, and this will make the dusting much easier.

If possible, remove all the old wall paper and re-hang the walls. If only cheap paper is used, it gives a fresh look to the room, but a good quality of paper pays, both in wear and hanging. Paint it the very cheapest freshener that can be used on the wood work, unless it be stain and varnish. And when the room is freshly papered, painted or var-

nished, it will cost but little more to go over the furniture.

There is nothing better for the kitchen floor than a good coating of hot oil. Scrub it perfectly clean, let dry, fill in the cracks and then go over it with linseed oil, made hot enough so the boards will at once absorb it; let this coat dry, then give it another, repeating. A coating of varnish is a good thing, after the paint is perfectly dry, but it will do very well without. It is much more satisfactory than a painted floor, as the paint will wear off.

Do not neglect to screen doors and windows with wire, in order to keep out flies and mosquitoes and the moths and bugs that fly about at night. This is a necessity, as flies are a menace to health, as well as a destroyer of comfort. Economize on something else, and have the screens. If you have no frames for the windows, let the screen cover the whole opening, tacking it on the outside of the frame, then the window can be opened from top or bottom. Do this as soon as the windows are cleaned for the spring. Do not neglect it!

A Simple Relief

One of our mothers writes: "We hear often that baby should have frequent drinks of water, and so it should. But often the baby cries from other things than thirst. A hot, tired baby is very much like the hot, tired adult. I learned long ago that one of the most soothing things for a nervous, crying baby was a cloth wrung out of water of a temperament to suit, wrapped about the little head—not just laid on the little forehead, but a light towel or linen napkin, that would cover the whole head. Sometimes cold water is best, but at others, warm (not hot) water gives the greatest relief. A quite cool wet cloth, wrung so dry as not to drip, pinned around the head, coming well down on the back of the neck and around the forehead is one of the best remedies I have ever tried for sleeplessness and nervous irritability. The ears should be covered, and in some cases the eyes, if the baby will allow it. This simple remedy will not harm, if it does no good."

General Household

When buying rhubarb at the market, always seek those stalks which have a red tinge at the root-end; they are much superior in flavor to the small, greenish ones. Rhubarb may be substituted for apple, and some other fruits, in puddings. Nearly every one can eat plain rhubarb sauce, and it is very palatable with bread and butter; but in the form of pies, it is apt to disagree with delicate stomachs.

Unless bread used for sandwiches is freshly cut, the slices will soon become dry, and are anything but inviting. Cut the bread very thin, and the loaf should not be too stale—the fresher, so it will cut smoothly, the better. Dipping the knife in hot water is said to make the slicing much easier. Butter the bread before cutting the slice off, as otherwise, the slices may break while spreading the butter.

In most house-cleaning, it is best to begin at the top and clean down, doing the kitchen and cellar last. But whatever one does, the work must not stop at the cellar, but the cellar must be "gone through" as carefully as any room in the house.

Use plenty of lime and whitewash, and remove everything that will rot or mildew or retain dampness. Among the oftenest neglected places above stairs are the closets, and these should receive close attention—especially those in which groceries and kitchen supplies are stored.

Housewives are too prone to harbor up scraps and useless articles that will probably never be of any use, and only serve to cumber and create disorder. The housewife should nerve herself to give, throw away, or consign to a bonfire the rubbish that will never be missed except with a sensation of relief that it is gone. The rag man will take a great deal off one's hands, and anything of any worth will find value with the charitable associations. There is such a thing as keeping things too long. Some one has said that a fire is a good thing, now and then, as it relieves the congestion. A bonfire will answer the same purpose.

Children's Ailments

The food of children should receive the closest attention during the summer months. Carefulness in the preparation and preservation of foods together with regularity of feeding, can not be too strictly enjoined. The milk for the baby who is so unfortunate as to have to "live on a bottle," should be so kept as to prevent any change by fermentation, or injurious substance getting into it. There is more danger of overfeeding than underfeeding. Acute and chronic inflammations of the stomach are very common among children between the ages of two to ten years, and these attacks are caused in nearly all cases by eating improper food, or food improperly cared for. The most important treatment of all children's diseases is preventive, and this no one can give but the mother, or nurse, by the most careful attention to what is given it, how, and in what condition.

Replying to "Young Housewife"

Allow half a cake of compressed yeast to a quart of water (or milk and water), dissolving the yeast in a cupful of the liquid which has been scalded and allowed to cool to lukewarm; mix this into enough flour to make a stiff dough, first adding a tablespoonful of sugar and tea-spoonful of salt. Exact amount of flour can not be given, as some flour absorbs more moisture than others. The dough should be about stiff enough to hold a spoon upright. Cover this dough with a clean cloth and set in a moderately warm place for several hours, and when light—raised to double its first bulk—turn on the bread board, using barely enough flour to keep from sticking, and knead for ten minutes; mold into loaves and put into well greased bake pans (lard is better than butter), and set to rise again. It should rise to about twice its bulk in an hour or two, and is then ready for the oven. Just before the loaf reaches the top of the bake pan, rub over the top melted butter, touching it lightly. So much depends upon the condition of the oven, and this is a matter of experience. The young wife must learn her oven, as she learns any other lesson. The heat should be even, and should take about three-quarters of an hour for a small loaf, and about an hour for a large loaf. It must not be too hot to begin with, nor too moderate.

Query Box

J. G. H.—"Planting in the moon," or in the signs of the Zodiac, is not generally observed now; very few people "believe in it."
Will Mrs. A. B. Smith, of Michigan, who wrote of improving chil-