



The Home Department

Conducted by
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Suggestion

Fair are the flowers and the children,
but the subtle suggestion is fairer;
Rare is the rose burst of dawn, but
the secret that clasps it is rarer.
Sweet the exultance of song, but the
strain that precedes it is sweeter;
And never was poem yet writ, but
the meaning out-mastered the
meter;

Never a daisy that grows, but a
mystery guideth the growing;
Never a river that flows, but a
majesty scepters the flowing;
Never a Shakespeare that soared, but
a stronger than he did enfold him;
Back of the canvass that throbs, the
painter is hinted and hidden;
Into the statue that breathes, the
soul of the sculptor is bidden;
Under the joy that's felt, lies the
infinite issue of feeling;
Crowning the glory revealed, is the
glory that crowns the revealing;
Great are the symbols of being, but
that which is symbolized is greater;
Vast the create and beheld, but
vaster the inward creator;

Back of the sound broods the silence,
back of the gift stands the giving;
Back of the hand that receives, thrill
the sensitive nerves of receiving;
Space is as nothing to spirit, the deed
is outdone by the doing;
The heart of the wooer is warm, but
warmer the heart of the wooing;
And up from the pits where these
shiver, and up from the heights
where those shine;

From voices and shadows swim star-
ward, and the essence of life is
divine.

—Colonel Richard Realf.

For Winter Weather

Remember that November will
bring many cool, damp, if not stormy
days, and for the sake of health you
must make many preparations to
meet the changes that will come
without warning. See that the lit-
tle folks, both those who go out
and those who stay in, are made
comfortable in the way of clothing,
and look out for the little coughs,
colds, chapped hands, roughened
faces, chilled feet and sore throats.
Save up a bit of nice mutton tallow
and make into cold cream or cam-
phor ice; have the bit of "shoe
wax" ready for the cracked fingers
of those who work out in the wet;
teach the children to use the corn
meal and vinegar after scouring the
hands with soap; have the "beauty
bags" of oat meal handy for the
girls' use, and mix a bottle of glyce-
rine, lemon juice and rosewater, a
few drops to be put in the palms
after washing and rubbed over the
hands and wrists; do this every time
the hands are washed, and teach
the little folks to use it, especially
at night. Boys, especially, suffer
great pain from the rough, cracked,
grater-like skin that comes of care-
less washing and drying of the
hands and face.

Do not overload the body with
clothing at first, or at any time; but
try to recognize the "internal fur-
nace;" teach the children to warm
up by judicious exercise, right
breathing and proper postures of the
body. Do not follow food (some
call them "fool") fads, but see that
the family has plain, well-cooked,
nourishing foods. But what you
like, in moderate quantity, and if
you find any one thing disagrees with
your digestion, let it go and try an-
other. Don't eat things just because

some one says they are "good for
you." Every one must be a law un-
to him or herself; what agrees with
one, will be very disturbing to an-
other. Over-eating is one of the be-
setting sins of cold weather, and is
one of the most prolific causes of
sickness and disease. It is surpris-
ing, how little it takes to keep one
well fed.

Bathing

During cold weather, the room in
which the bath is taken should al-
ways be warm, but the weather is
not yet cold enough to make any
special heating necessary, and the
water should not have more than the
chill taken off, if the cold bath is the
one chosen. Delicate women, if ac-
customed to the cold bath may still
take it, if the room is comfortably
warm, and a bath sheet is ready to
wrap around her when she comes out
of the bath. But unless one feels
comfortably warm after a quick rub-
bing down, the bath would better
be in tepid water. Rubbing of the
whole body with a towel wrung out
of slightly warm water, then drying
with a coarse bath towel with rapid
rubbing, is helpful to the delicate
person who can not take a full bath
by immersing. Where it can be
taken, the bath in the tub, with a
good soap and brush, the water of
the temperature most pleasant, with
the room warm, is the one for the
city dweller to take at least once a
week in order to cleanse the body
of the soot and dirt always to be
found in the city. A large handful of
sea salt thrown into the bath water
is very strengthening. There are
many things that act as a tonic to
the body, invigorating and strength-
ening, that may be added to the wa-
ter in the bath tub; any physician,
knowing your temperament and
health conditions will tell you what
is best. It is not advisable to give
up the daily or weekly bath just be-
cause the cool weather comes on.
Keep the skin clean and the pores
open.

Habits of Neatness

It is not true that "any child can
be made into everything that is love-
ly simply by training." Many a con-
scientious mother wears herself out
trying to teach her children habits
of neatness, and though the "line
upon line" may make them passably
orderly while she is continually re-
peating it, on the slightest remission
on her part, or when they go away
from her, the natural habits will crop
out, and her work will seem of no
avail.

Caring for the Feet

With the thicker shoes and stock-
ings which the cold weather calls
for, many people have trouble with
their feet. If the feet are in
trouble, no one can be comfortable,
and the feet deserve more care than
they get, at the most. They should
have a daily bath, and after the bath,
should be rubbed well with alcohol.
Corns and bunions are usually
brought on by wearing shoes that
do not fit. The narrow pointed toes
of late years forced upon people are
to blame for the deformity of the
great toe-joint called a "bunion,"
and nothing but a well-fitting shoe
will cure it. Corns should not be
cut, but the feet should be well
soaked in hot salted water until the
outer covering of the corn is some-

what softened. Then, with an instru-
ment with a blunt point, such as a
pair of scissors or nail-cleaner, the
skin at the circumference of the cal-
loused place should be carefully
raised just enough so the thumb and
finger can hold it, and it can then be
peeled off carefully, soaking each
time until the outer layer will come
off readily, then the little hard ker-
nel should also be removed. Fol-
lowing this, the corn should be paint-
ed with collodian in which a few
drops of cannabis Indica has been
added to the ounce or ten grains of
salicylic acid—ten drops of the can-
nabis will be sufficient. Colorless
iodine is also excellent, and especial-
ly good for the soft corn between
the toes. Be sure to keep the feet
well washed and have shoes and
stockings that fit.

For washing fancy work, prepare
a paste water in this wise: Put a
half pint (a teacupful) of bran in
a pint of cold water, bring to a boil,
and let simmer half an hour, then
strain, adding a half pint of cold wa-
ter. Wash the fancy work in this,
moderately hot, using no soap, being
careful not to wring or rub or twist
it, but squeeze it softly between the
hands. After it is clean, rinse in
clear water, completing the work as
quickly as possible, drying imme-
diately and ironing on the wrong
side.

The Christmas Box

It is none too early to begin your
Christmas collection. Many pretty
little gifts can be made most inex-
pensively, but if your time is scarce,
or your purse poorly supplied, the
ten-cent stores abound with things
both useful and pretty, and for a
small sum you can lay in quite a
supply. Remember that many peo-
ple would much rather have a pretty,
useless thing, than an ugly useful
one. There are so many dainty lit-
tle trifles costing but five or ten
cents, that you can remember a good-
ly number of your friends with a
nickle here, or a dime there, and
be ready to send your little gifts
before the shopping rush and crush
is on. If you are "handy" with the
needle, the "bargain" and remnant
counters are covered with bits of
lace, embroidery, wools, silks, vel-
vets, etc., and from the expenditure
of a few cents you can get materials
to make a whole Christmas box full
of pretty things. Don't wait until
the last moment, or the purchase
will cost you dearly in strength and
nerve-force.

In Making Over

Before doing any cutting out, see
that your materials are free from
every spot of grease, and all dust
shaken out, every thin place darned,
or otherwise made whole, all clip-
pings of thread removed, and the
wrinkles pressed out. If you are go-
ing to dye the materials, be sure you
get the right dye; for linen or cot-
ton, or mixed goods, a dye made for
cotton must be used; if silk, or wool-
en, dye especially adapted to these
materials should be used. Be sure
to ask for the right dyes, and see
that you get it before you leave the
store. Animal fibres, such as silk
or wool, will not take dyes prepared
for vegetable fibre. If the original
color is white, it can be dyed any
color, but any color can only be dyed
a darker color—never a lighter un-

less the original color is discharged
by chemicals. Use plenty of com-
mon sense in this, as well as in other
things.

For the Toilet

For whitening the throat, this is
recommended: Mix together four
ounces of alcohol, two ounces
of rosewater and fifteen drops
of tincture of benzoin. Saturate a
cotton cloth with this and bind
around the throat, covering with a
dry bandage; leave three-quarters of
an hour, then remove. Massage the
throat for several minutes. Try this
every day for several weeks. The re-
sult may not be satisfactory in every
case.

For a face bleach, boil three
ounces of pearl barley in a pint of
water until the gluten is all extract-
ed and the mixture a creamy mass;
strain through a cheese cloth and
add twenty-five drops of tincture of
benzoin; wash the face night and
morning with this lotion.

An old fashioned, most effective
bleach for the face, removing the
tan and discolorations of the summer
sun, is buttermilk, not too old or
sour, but sufficiently acid. An ex-
cellent beautifier of the skin is the
use of the "beauty bags" in the
wash water. Make little bags of
thin muslin, and put into each about
four tablespoonfuls of rolled oats.
Lay one of these in the basin of wa-
ter, and let it get thoroughly satu-
rated, then use as you would soap.
It is cleansing and softening.

Corn meal and warm water is as
cleansing as soap, and if well moist-
ened and used to scrub the hands or
skin, just as you would use soap,
it will keep the skin smooth and
clean without removing the natural
oil of the skin.

Corn meal moistened with vinegar,
used on the hands and wrists is heal-
ing, as well as cleansing, though it

WISE WORDS

A Physician on Food

A physician, of Portland, Oregon,
has views about food. He says:

"I have always believed that the
duty of the physician does not cease
with treating the sick, but that we
owe it to humanity to teach them
how to protect their health, especial-
ly by hygienic and dietetic laws.

"With such a feeling as to my duty
I take great pleasure in saying to the
public that in my own experience and
also from personal observation I have
found no food to equal Grape-Nuts,
and that I find there is almost no
limit to the great benefit this food
will bring when used in all cases of
sickness and convalescence.

"It is my experience that no phys-
ical condition forbids the use of
Grape-Nuts. To persons in health
there is nothing so nourishing and
acceptable to the stomach, especially
at breakfast, to start the machinery
of the human system on the day's
work.

"In cases of indigestion I know
that a complete breakfast can be
made of Grape-Nuts and cream, and
I think it is not advisable to over-
load the stomach at the morning
meal. I also know the great value
of Grape-Nuts when the stomach is
too weak to digest other food.

"This is written after an exper-
ience of more than 20 years, treat-
ing all manner of chronic and acute
diseases, and the letter is written
voluntarily on my part without any
request for it."

Read the little book, "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.