



The Home Department

Conducted by
Helen Watts McVey

For My Boy's Album

(By Request)

Do you know that your soul is of my soul such part
That you seem to be fibre and strength of my heart?
None other can praise me, as you, dear, can do;
None other can please me or pain me, as you.
Remember, the world will be quick with its blame
If shadow or blight ever darkens your name;
"Like mother, like son" is a saying so true
The world will judge largely of mother, through you.
Be yours, then, the task—if a task it shall be,
To force the proud world to do homage to me;
Be sure it will say, when its verdict you've won,
"She reaps as she sowed, for this man is her son."
—Helen Watts-McVey.

God's Reminders

(By Request)

God, lest we grow skeptic in our earthly bower,
And deny the greatness of His strength some future hour,
Has placed these four warnings—He who reads must cower!—
The lightning's flash;
The thunder's crash;
The cyclone's lash;
The earthquake's gash;
To remind us of the vastness of His power.
—Guv M. Stealey.

The Loneliness of Crowds

In a recent work of fiction a distinguished writer describes the effect which first experiences of city life produce on the minds of the country born and bred who plunge into the maelstrom of its fierce competition. He says: "There is a fierceness about this city life that appals the country lad fresh from the brotherliness of a small town. The continually changing faces of the thousands to whom he is nothing, the hard, self-centeredness of every one, give him at first a sense of black loneliness that pierces to the very marrow of his spirit. For a time, it is even a sense of relief to nod familiarly to an omnibus driver, to recognize a street cleaner, or a policeman on his beat; to know that, for a second at least, he has emerged into somebody's mind as an individuality." Every one who has gone into a strange city will recognize the picture, and with some, the loneliness has lingered through all the years; they never seem to get into real touch with what they want. To be lonely, it is not necessary merely to be alone; many most socially inclined never get away from themselves; they feel that to even their most intimate friends, on some subjects they dare not speak their thoughts, because they know they will not be understood, and while the lips may laugh, and the voice join in the babel of words about them, there is in their hearts a profound sense of loneliness and a longing for something of their very own, the lack of which compels them to walk companionless to the end of their days. Psychologists tell us of certain types of nervous disorders produced by these suppressed emotions, and tell

us "things of the inner life demand outward expression," which, if they fall to find, turn back upon the inner self and work ruin to the nervous system. The remedy for this state of things has not yet been found; yet many thoughtful, observing men and women are trying to solve the problem, and urge that, wherever possible, a sense of brotherly comradeship shall be cultivated, and gathering places where like may meet like, should be established, not only in the country, but in the great, lonely city.

Caring for the Face

If girls were taught to properly care for their faces and hands, there would be fewer young women and middle-aged frantically calling on the beauty doctor for aid and advice as to how to remove blemishes and restore healthy coloring. In the matter of washing the face, how few girls are ever taught how best to do it! Begin low, and teach them to always use tepid or warm water to start with—never cold, as cold water seldom removes the accumulation of dirt. Do not use a wash cloth or sponge, unless it is kept perfectly clean and sweet by frequent washing and sunning. "Cup" your hands, leaning well over the basin, and fill with the water, putting this on the face again and again; the hands should do the rubbing, and they will not roughen the most delicate skin. If you use soap, let it be the vegetable-oil kind—never the laundry soap; and when the face is clean, rinse in the same way, with water of the same temperature, then with cold, rubbing the flesh upward and outward with the finger-tips, very gently. Dry the face with a soft, warm towel, patting and pressing rather than rubbing with the towel. Then wet the face and hands with cider or other good vinegar, letting it dry on. The vinegar kills the alkali in the soap, and its action is healing, astringent and chemically cleansing, and no harm can come of it. The less soap used on the face and hands, the better, but this will depend in a great measure on how dirty one's environments are—whether soft coal is used, or like conditions prevail. The face should be well cleaned at night, and after drying, should have a little cold cream, or a little thick cream from the milk pan, or a little almond oil, well rubbed into the skin to soften, and to restore the natural oil which has been removed by washing. If you want an object lesson as to what ruins the complexion, watch how girls and women usually wait on their faces—alkali soaps, hard water, hot or cold, a coarse wash rag vigorously applied, no rinsing, followed by imperfect drying; and the aftermath is roughness, coarseness, enlarged pores, blackheads, chaps, and evils of like nature. Teach the girls now.

Some Inexpensive Toilet Mats

"Tessie R." wishes to make some simple, inexpensive toilet mats for her Christmas box. Here are two kinds, easily made and inexpensive: Take a strip of plain white oilcloth— or colors, if you like, and make it the size you want your splashers. If you can paint, stamp with any design you like, and paint with oil paints. If you can not paint, the strip may be bound with some bright

contrasting color. For mats to lay on the stand, use cloth to match the splashers, and decorate the same. Or they may be pinked or scalloped around the edges.

A set of old-time mats may be made of a sheet of white or gray wadding and a skein of saxony yarn of bright color. Cut out a circle of the wadding, or any shape you want, and strips two inches wide, enough to go thrice around each mat. Take either pink, light blue, or light green make very delicate coloring, and crochet around the edge of the circle and both sides of the strips with a chain of two or three stitches between each crochet. Then plait the strips in box plaits, sew through the center with the machine, or by hand, having the center of the plaiting and the mat even. Tack the edges of each box plait together, and let them stand up full. These are serviceable.

Squares of linen, or cotton cloth, either fringed, or with lace or embroidery stitched around the edges, are neat. There are so many pretty patterns for crocheting or knitting mats, that one has but to choose, but the above are very simple and easily made.

Inexpensive Cure for Rheumatism

In giving directions for the cure of rheumatism, Dr. Reeder, of Indiana, says: "Just stop eating until the poor stomach, in fact the whole alimentary canal, can unload and get cleaned up, so to speak. Just drink water, lots of it; gallons of it; wash out the whole tract; get it clean. You will not starve nor suffer if you do not eat a mouthful of solid food for three or four days; but as soon as the tongue clears, begin to eat. Yes, eat buttermilk, a half pint every two hours; you won't need anything else for a week—five days, anyhow—and by that time there won't be a particle of rheumatism about you. After that, if you will just remember that your teeth were made to chew your food with, and use them, cut out all liquids while eating, eat reasonably and work reasonably, you won't again be troubled with rheumatism." It won't cost you anything to try this unless, in some cases, and at this season of feasting, it be a pretty severe self-denial, but a little doing without will be wholesome and beneficial in other ailments.

For the Toilet

One of the latest accessories to the toilet is the "vanity case." It is a little book, or case, covered with some delicate satin, or other material, which contains a number of powdered leaves and a little mirror, closes with a button clasp, and may be carried in the coat pocket or shopping bag. The woman or girl of today, instead of scorning the use of powder, looks upon it as a necessity, and this little device has taken the place of the powder-bag. In some of the stores dealing with toilet articles, little metal boxes, something like the little metal match box are to be had and these contain a little mirror, a tiny powder puff and a supply of powder.

Soap does not agree with all skins, and an application of a soft, cleansing cream is better. These creams are not expensive, and for most people, are better bought ready made than they will be if made at home with the uncertain weights and meas-

ures of the amateur. The cleansing cream should be washed off with a good vegetable-oil soap, almond meal or one of the oatmeal cleansing bags so often recommended. The pores are in this way cleansed of the accumulations of dust and grime gathered through the day, and should then be at once filled with more cream to keep them free from another dose of dirt. The face should have this cleansing every night before retiring. This is the season of year when one must begin to take care of the face and hands because of the cold, or damp or windy weather.

Too frequent bathing in cold weather is injurious to health. An application by the hand of cold water, followed by moderate friction is quite sufficient to keep the skin of the body clean and stimulated. Warm baths taken through the day should be followed by the application of cool or cold water; otherwise the person is made susceptible to exposure, and colds are taken.

No one, however strong or healthy, should take a cold bath when hungry or fatigued. Any bath should be followed by friction over the body.

A Good Cold Cream

Nothing is so good for chapped hands, rough faces and cracked lips as the old mutton tallow remedy of our grandmothers. If you tell your butcher what you want it for, he will select some very fine white tallow from the mutton, and you must take it home and cut it into bits, and put into a saucepan without any water; set this pan in a kettle of boiling water and let remain until the fat is entirely tried out of the fibre; strain through a fine sieve and while still warm, stir in a teaspoonful of the essence of camphor in the proportion of one teaspoonful of camphor essence to every cupful of tallow; next add a teaspoonful of your favorite perfume, and beat, and beat and beat, until it is all a sweet-smelling, creamy mixture. Before it gets cold, turn into little jars or old teacups and set where it will get perfectly cold. It should be used like any other cold cream, after the face and hands have been thoroughly washed and dried.

Some Seasonable Recipes

Oyster Filling for Turkey—A sixteen pound turkey will require twenty-five large oysters, one tablespoonful of chopped parsley, one teaspoonful of sweet marjoram, one quart of stale bread crumbs, one tablespoonful of butter, one teaspoonful of salt, and pepper to taste. Drain the oysters, dash cold water over them and drain again; mix the crumbs, salt, pepper, and herbs together, add the butter warmed, and then work in the oysters. If the herbs are not at hand, they may be omitted.

Fruit Meringues—Make a nice puff paste, line pie-plates with it rolled about a quarter of an inch thick; bake these shells in the oven, and if they rise too much, prick them to keep level. Have the paste filled on so it will not shrink in baking. When the shells are done, fill them with a rich apple sauce, or with preserved peaches sliced, or canned peaches, or with marmalade, or any preferred filling. Cover each pie of ordinary size with a thick meringue made by beating the whites of two eggs to a stiff froth and adding two tablespoonfuls of powdered sugar and the juice of half a lemon, beating the sugar in gradually. Return to the oven and cook slowly for twenty minutes in a moderate oven. At the end of that time it should be firm