



# The Home Department

Conducted by  
Helen Watts McVey

## At Rest

I stand alone by the window,  
Looking out over the snow,  
And my heart is filled with a sorrow  
That only a mother can know.  
Far, far away on the hillside  
The drifts are heaping high;  
The feathery flakes come sifting  
Down slowly from the sky.

I know that 'neath that soft robe  
So cold and still and white,  
Two little hands are lying  
Folded and still tonight.  
Two little hands, oh, dearer  
Than all this world to me,  
Now lying, cold and frozen,  
'Neath the gray old hawthorn tree.

Once she was gay as the roses  
That grew on the hillside there;  
Now she sleeps among them—  
My little one, gentle, fair!  
But the roses; where are they  
hiding?  
They were there not long ago;  
Ah, they, like my darling sleeper,  
Are sleeping under the snow.

Ah, why did they take the roses  
And leave her cheeks so white?  
Why am I left so lonely,  
Mourning her loss, tonight?  
And yet, why should I mourn her?  
For she is among the blest;  
And while I am weeping alone to-  
night,  
My little one is at rest.  
—Louise R. Frakes.

## The Scrap-Book Habit

One seldom realizes what is lost by not caring in an orderly way for the many items of information or recipes that are valuable which may be clipped from the papers and magazines and kept where they can be found when wanted, by the use of a little time, paste and an old book. When one has to rummage through a pile of old literature to find what is wanted immediately, or to claw through a lot of clippings that are tossed haphazard into envelopes or boxes, one is apt to lose not only valuable time, but temper as well. Any old, well-bound book may be used for the scrap book, by tearing, or cutting out two leaves, leaving one, then tearing out two more, until the book has been gone through. It requires but a few minutes to make a few spoonfuls of flour paste, and to put the scraps into the book used for the purpose. There might be several books, one each for certain items of information, for recipes, and for literature. Scrap books make a valuable library, and are worth more than any encyclopedia if the contents are wisely chosen and the work done neatly. Not only should the housewife have scrap books, but many a valuable item may be saved by the man of the family, and when pasted in his book, he can find it at a moment's notice. Just resolve to cultivate the scrap-book habit, beginning now.

## Caring for the Hair

We are all interested in having nice hair, but many people do not do as well as they know, in the matter. Many times, the fading of the hair is caused by neglect or ill health of the body and scalp, and on toning up the system, the hair may in great measure regain its color. You will observe, in case of animals, that a poorly nourished or neglected coat turns a decidedly

rough, ugly color, but as soon as good food and careful grooming is given the animal, the coat of hair becomes slick and glossy. The hair is often one of the first things to show disease of the body. The treatment should not be by stains and dyes, but by means tending to induce healthy action of the hair follicles. During the cold weather, the heat and dry air of the house renders the hair dry and rough, and the first thought is to try some oily dressing, or tonic—mostly applied to the hair, instead of the scalp, through ignorance of physical laws. The result is dirty, unpleasant hair. It would be better to keep the hair clean by occasional shampoos and massage, and wear constantly a calico or silk dusting cap, or other light covering, when about the work, and give the hair an air-bath frequently.

A lady who has long been a reader of The Commoner, tells me that for some years she suffered from disordered nerves, and her head became well sprinkled with white hairs, the hairs falling badly all the time. Finally, her health became excellent again, and the falling stopped, a new growth of hair came in, and the hair was much darkened. Many of her friends asked her anxiously what she was using; but she used only the brush and comb, massaging the scalp with her finger-tips as often as she had time. She is past sixty years of age, and her hair is quite dark. Another lady who writes a great deal and who is past fifty years of age, has beautiful, long, soft auburn hair, and tells me that when studying her "materials," she loosens her hair, and works off a good deal of surplus "nerves" by constantly running her fingers through her hair and manipulating the scalp. She practices physical exercises in order to keep well, and is careful of her diet.

## "Reducing the Cost"

In looking over many of the household departments, one is struck with the cheapness with which a family can live—on paper. The bill of fare seems elaborate, and great pains seem to be taken with the preparations of the dishes; but we who live ordinary lives, serving ordinary families, are puzzled to know how it is done, and whether the family ever complains of insufficient food. Here is one of the rules given; the writer asserts that she feeds a family of six for \$5 per week, and proceeds to show how it is done: She says one-half pound of meat, cooked until it is in shreds, gives sufficient flavoring for the soup; then the meat is ground up fine, mixed with a few nutkernels, bread crumbs, and carefully cooked hominy, mixed well and made into a ball, roasted or baked for half an hour in the oven, and served with tomato or plain white sauce; the cost of the dish is eight cents, and will be sufficient for six people. She further recommends that there should be served with it macaroni carefully cooked and served with cream sauce. In making the soup, "other materials left over" are used with the water flavored by the meat. In trying to fit it to our own family, we are at a loss to know what to do. Eggs are to be used as substitutes for meat, and peas, beans, nuts, lentils and macaroni are also mentioned for substitutes, as being much cheaper and fully as nutritious. Many people cannot digest the legumes, no matter how they are

cooked. The menus call for oat meal, milk, coffee, tomatoes, potatoes, cabbage, breads, butter, eggs, beef, fruit, cereals, lentils, rice, custards, salt fish, lentils, wafers, oysters, mutton, lettuce, cheese, hominy, cream, turnips, spaghetti, celery, peaches (canned), fresh fish, chickens, beets, cocoa, molasses, flavorings, condiments, corn meal, rye meal, olive oil, vinegar, lemons, sugar, gelatine, dried beef, and many kinds of vegetables. The milk alone was to cost ten cents a day.

How did she do it? It belongs to the puzzle column.

## Worth Knowing

A plaited skirt should be basted all the way down each plait, then a wet cloth (not too wet) should be laid on the plait the whole length and pressed with a moderately hot iron, wetting the cloth each time it gets dry; if this is done there will be no trouble, and the skirt will look as nice as when new. An ironing board is good to do the pressing on.

Where spots are found on dark dresses, sponging with a tea made of soap bark, then sponging with clean water and pressing will restore the freshness. To prepare soap bark, pour one quart of boiling water over two ounces of soap bark (to be had of the druggist), which will cost about five cents. Let this simmer gently for two hours, then strain through a cheese-cloth into a clean vessel. Use what is wanted, and put the rest in a bottle; it will keep for several days in a cold place. Its uses are many.

When vaseline is used and gets onto the towels and clothing, it is hard to remove, as washing with soap and water will only set the stain. The garment or article to be cleaned should soak in coal oil or alcohol before being wet, for some little time, then wash. If the fabric cannot be washed, try cleaning with ether or chloroform, wetting the stains well with this and then rubbing well, repeating until clean.

A reader tells us: Before putting the new shoes on the child for the first time, warm the soles well before the fire, then, while still warm, paint the soles with copal varnish, applying with a brush. Allow the coating to dry, then warm the sole again and give another coating. Three coats should be applied, and the child can put them on, sure they are waterproof, and will last much longer. A cork or lamb's wool insole is a great comfort for cold feet.

## Raising Church Funds

A very popular method of collecting for church and benevolent purposes is by the "mile of pennies" plan. A mile of pennies counts up to \$844.80, allowing sixteen pennies to a foot. Adhesive plaster one inch in width may be cut into any desired length—usually one or more feet, and distributed to those who promise to fill the strip by sticking the requisite number of pennies on the strip and when full returning it to the association. Another plan is to have the members of church and Sunday school put into the box an amount in pennies, or other money to equal in pennies the years of their individual age, depositing the money on the birthday. A "sixteen" socia-

ble is a popular way to collect money, as each one who attends has to pay an admission fee of sixteen pennies, or pay that amount for certain refreshments. Pennies may be made the foundation of many practical schemes for the raising of money. Anything that will tend to increase the social life of the church membership, and to bring the people together often can be made popular. There is too little sociability among the members of the majority of the churches.

## Query Box

C. G.—To remove spots of ink from wash fabrics, before wetting with water, lay in a bowl of sweet milk, leaving for three days, changing the milk night and morning. If this does not remove it, try salt saturated with lemon juice with exposure to the sun.

S. H. K.—In some hospital practice, what is called "test meals" are administered, then removed from the stomach by an emetic or other process, and examined to determine the cause of failure of the stomach to perform its functions.

Discouraged—Doubtless the stumbling block you encountered in your "raising pigeons for profit" experience was poor care, neglect, irregular feeding and slovenly methods. Overcrowding will mean sickness and vermin, and nine cases out of ten of failure is due to lack of experience or carelessness of the attendant.

Frances R.—To clean the chamois gloves, wash in cold soap suds, using castile soap for the suds, then rinse in a light suds to prevent hardening when dried; hang them by the upper edge away from heat to dry. They may be put on the hands and washed in gasoline if one is very careful to do the work where there is no flame or fire.

C. D. W.—To remove ink from silk, dip a small camel's hair brush in a weak solution of oxalic acid and paint the spots carefully; repeat several times, sponging between applications with pure water. The ground color will likely be changed, no matter how carefully you work, in which case diluted ammonia may partly restore it. The best way is to take it to a professional cleaner who understands his work.

L. Q.—Mutton tallow for the hands will be hard when cold, and for use it must be slightly warmed on the outside, then rubbed on the hands. A teaspoonful of glycerine beaten well into a half teacupful of the tallow while warm will soften it somewhat.

## OLD COMMON SENSE

### Change Food When You Feel Out of Sorts

"A great deal depends upon yourself and the kind of food you eat," the wise old doctor said to a man who came to him sick with stomach trouble and sick headache once or twice a week, and who had been taking pills and different medicines for three or four years.

He was induced to stop eating any sort of fried food or meat for breakfast, and was put on Grape-Nuts and cream, leaving off all medicines.

In a few days he began to get better, and now he has entirely recovered and writes that he is in better health than he has been before in twenty years. This man is 58 years old and says he feels "like a new man all the time."

Read "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.