



The Home Department

Conducted by
Helen Watts McVey

"Always the Woman"

His independence made him proud,
He scoffed at double-breasted
coats;
Men who to fashion's dictates bowed
He likened to a flock of goats
That followed where their leader
went,
And never knew what freedom
meant.

He sneered at men and called them
fools,
Because they wore clothes a la
mode;

He laughed at fashion's foolish rules
And clung to shoes that were
wide-toed,

And went about declaring that
A fool was under each stiff hat.

He boasted that he didn't care
What fashion said was right or
wrong;

He spurned the razor, and his hair
Was ragged and uncombed and
long;

The linen collar he eschewed
As something only for a dude.

A woman smirked at him one day,
And said a silly word or two;
He put his loose old clothes away,
And dressed in fine ones that were
new;

Then got his hair cut and a shave;
And fashion had another slave.

—Anonymous.

Literary Work

We get quite a few letters from our readers who wish to take up authorship or correspondence, to say nothing of editorial work, as a means of "making money at home." We wish most heartily that we might recommend them to do so. But, first of all, it is as well to disabuse the minds of women in general of the erroneous ideas concerning the advantage of a "literary" career. Literary work, in whatever branch, is a profession—a matter of long, drudging, unpaid preparation, and women must not expect to find any play in the work. A practical writer leads a life of bona fide drudgery, unless she loves the work supremely and has a natural ability for it. She may, now and then, find her pet poem or story accepted and paid for, but if she would make an actual living at the business, she must devote herself to it just as she would to dress-making, or any other trade. Only the writer not dependent on her penwork for a living possesses the delightful privilege of waiting for inspiration before she writes. The professional writer must compel her inspiration, or write without it. She must hold herself in readiness to write upon any subject at any and all times. She must be ready to send manuscript by return mail, no matter how unfamiliar the subject, and she must not write "guess" work. If she does not "know," she must know who does, and how to gain access to the source of knowledge. She must know more than the average woman on the current events of the day, in every line she is liable to have to touch. She must know something of science, art, theology, practical economy, history, social matters, and the thousands of other interests which appeal to her readers of whatever class. She must know simply everything about the home and housekeeping, and must have an unlimited knowledge of how any and

everything is or may be done. In editorial writing, as in housekeeping and home-making, the woman writer must be more or less familiar with every aspect of the work, and be able to tell clearly what she knows. Unlike the man editor, she must hold a dozen reins in each hand; she cannot "specialize" until she has reached an eminence that gives her authority along that line, and then—well, very few of us reach such a height, so it is unnecessary to point out its advantages. Besides, we may all be sure that who ever wins the prize has paid the price.

The Price of Success

In the Ladies Home Journal, Hamilton W. Mable says: "The plain fact is that those who cry out against their limitations instead of resolutely working through them, are not willing to pay the price of patience, self-forgetfulness and resolute work which must be paid before we can touch the goals of the higher success. The Real is set in the way of those who think they want the Ideal, to test the sincerity of their devotion and the depth of their purpose. The higher successes are for the few, and the happiest thing that can befall many who think they want to follow the paths of art as singers, painters or writers is to so discourage them at the start that they give up the vain quest before they waste time and opportunity. Those who have the true passion in their hearts will go through storm and fire to their appointed end; those who have only a desire will stop short and go about their real business. It cannot be said too often that a taste for an art, a love of it, a pleasure in it, and a strong feeling that one is destined to practice it, do not decide the question; the one thing that decides it is the possession of the unappeasable passion and the unmistakable gift for it. It is far better to be a competent artisan than an incompetent artist; to do obscure work thoroughly and earn pay for it, than to deal feebly with great things and revile society for not paying for that which has not been done."

"Babies' White Peril"

A medical magazine has this to say: A new terror has been added to babyhood. It is a white peril found in the small child's environments. Through over-careful attention to the laws of cleanliness, everything around the baby has become white, and now this whiteness is discovered to be blinding to the child's eyes, and to cause a species of color starvation. Everything that is bought or made for the babies in these days is white. White clothes, a white bassinet, white blankets and spread, overhead a white ceiling, around him white walls; he must drink out of a white cup, be fed with a white spoon; his nurse must be dressed in white, and the so-called ideal nurseries have white-painted floors and light-colored carpets. This is said to be weakening to the eyesight; the intensely luminous objects which surround the child act as a constant optic nerve stimulant, and finally bring about a reaction and a corresponding weakness. If a grown person sees nothing but white about him, particularly by strong daylight, his first sensation is to shut out as much as possible of the glare, and this is done by half-

closing his eyes. But baby is constantly surrounded with glaring white objects, and has no possible means of escape. In the white perambulator, on white pillows, he is taken out into the glaring sunlight, with no thought for his delicate eyes, and is thus made to exist in a blaze of light from which there is no refuge. Instead of the glaring whiteness, a soft, dull gray or dull green may in time be substituted for the white wall-covering, and some dark colors may be used to alternate with the white, thus affording rest spots that may be gazed at wide-eyed. Bright objects should not be held close to the baby's eyes, as this may cause squint. The fascination of glittering toys should not be allowed to imperil the child's sight by being shoved directly under his little nose.

Comfort Cushions

Not full-sized, heavy feather pillows, but small, light ones, filled with wool, down, hair, or even cotton or hops; these should range in size from ten to eighteen inches in length, and from eight to twelve inches wide; larger ones can be made of hair and tufted like a comfort. These little comfort cushions can be slipped under the neck or the small of the back, under the knees or heels, or where the tired arm can rest on them, where a sick person is in bed; they can be tucked into all hollows and between the body and hard substances, when the person is able to sit up. In some cases, a small tick filled with meadow hay, or fresh, sweet straw, is more comfortable than anything else, especially in hot weather, or where the head is habitually hot. The pillow should never be a large one, and where one is of a nervous temperament, pillows of several sizes, to be changed at will, or all to be discarded at times, will be found restful. Cushions filled with shredded paper, moss, or excelsior are often extremely comfortable for the hammock, or for the floor of the veranda. Often one of these is just what is needed for the tired feet of the busy housewife when she finds time to sit down a minute. Have plenty of the comfort cushions—dozens of them, and none too good for daily use wherever needed or wanted. They are extremely handy for the little ones who like to lie down on the floor and kick up their restless little heels.

Water as a Food

Water that has once been boiled will not heat as quickly as freshly drawn water. Fresh water is living, and water that has stood long, absorbing gases and heat, or has been boiled, is either dead or poisoned, and it is easier to boil fresh water than stale or dead water. The flat, disagreeable taste of tea or coffee is much of the time due to the use of this dead water. One of the best tonics for nerve disorders is pure, fresh water, lots of it, taken between meals. It is a nerve food, and when sipped gradually, has a soothing, strengthening effect. It may be used as liked best, hot, warm, cool or cold; but ice water should not be used.

A Moth Preventive

The season will soon be with us when winter clothing, woolens and furs, must be stored, and this is recommended for their protection: A

cedar chest is best, but if you have no cedar chest, and have access to cedar trees, try this: Sun, brush, beat and shake well everything that cannot be washed. See that all grease or oil spots are removed, as moths love grease spots. Wash cleanly and carefully all washable articles, to remove all dirt, and have these perfectly dry. Strip from the cedar trees the young twigs and green pickles called leaves; put them into them into thin muslin or cheese cloth bags, and have plenty of them; you will want quite a lot. Then, into the bottom of your trunk, or chest, put a layer of the cedar trimmings, and lay over this a strip of cheese cloth, then put in your garments and woolens, and distribute the little cedar-filled bags plentifully among the folds and lay over the top another strip of cheese cloth, and pile the cedar clippings thickly on that; then close your trunk tightly and moths will hardly seek the inside.

The Pot Herbs

When ordering seeds or plants, this spring, include in your order a supply of the garden herbs used for cookery and for family use. They are easily raised, and should find a place in every garden. Once having raised, gathered in the proper season and dried your own herbs, you will be loth to patronize the grocer or druggist afterwards. Sage, mint, rosemary, lavender, dill, and dozens of other things will grow with little care, some of them being perennial, others biennials, and the annuals generally "seeding" themselves. The uses for some of them are almost without end, and many of them are "good medicine" and harmless. What could we do without sage, either in the kitchen, toilet, or medicine chest? Mint, horseradish, dill are household words. Don't neglect to start your herb bed, and start it now by ordering the seeds or plants.

For the Toilet

The old remedy for a muddy complexion was sulphur and molasses; but this must not be taken in the winter season. A teaspoonful of cream of tartar may be taken for purifying the blood; take in the morning before breakfast.

To remove tartar from the teeth, squeeze half a lemon into half a glass of water and brush the teeth thoroughly with this. Uric acid in the blood will loosen the teeth and cause the gums to recede, and the only remedy is to clear the system of the acid. When the teeth have become very badly loosened, nothing will make them firm again.

To dry and lessen the disfigurement of pimples on the face, open each pimple and touch with a drop of hydrozone; this will dry up the secretion and no mark will be left.

Those who are afflicted with pimples would do well to keep in mind that if the skin performs its functions properly, throwing off the waste matter actively, there will be a decided improvement in the complexion. Hard water will ruin the best complexion, and should never be used. Keep the body clean as well as the face.

One of the best complexion beautifiers is a diet in which meats and sweets are seldom used. Plenty of drinking water, plenty of out-door exercise, cleanliness of the body, inside and out, a good digestion, a cheerful habit of mind, and a dwelling on pleasant thoughts are the very best medicines.

Cases of extreme nervousness and general ill health have resulted from the wearing of ill-fitting shoes. Few things are so uncomfortable as shoes that do not conform to the feet, which are either too narrow or too short. The feet should be kept as