



# The Home Department

Conducted by  
Helen Watts McKee

## Double Meaning

When a woman talks of women, you can see her at her worst—Not the woman who is talked of, but the most loquacious first. When woman talks of woman, then there's trouble in the air, Uncertain as to details, but you may be sure its there. When man would talk of woman, or, indeed, of other men, Why, something that is tangible will find expression then; He may not like the person, but he lacks the art to say A harmless thing that has a sting when said a certain way. "Of course, you've tried her cooking?" with a quiet little sniff, As though of something dreadful one had just obtained a whiff. "You saw her with young Barker at the dance the other night?" The tone alone would indicate it was a shameful sight. "She's always changing servants; I wonder why they leave!" A meaning shrug of shoulders that must make the angels grieve. "The manners of her children—have you noticed what they are?" The thought expressed unspoken would do credit to a star. However, this is nothing to the exclamation heard When of the neighbor's husband one may chance to say a word. It gives the chance she's seeking and accords well with her plan—The essence of unkindness is the way she says "Poor man!"

—Chicago Post.

## The Woman Worker

The woman who works in what is called "gainful" pursuits, in nine cases out of ten, has a family to support, either through having been left a widow, or being burdened with an incompetent husband and the usual family of growing children, or she is one of the great army who has only herself to lean upon, and her work is for her daily sustenance. In some cases, there is an ailing or broken-down man in the home, and this is very often the case where the woman is old and forced to ask for money-making tasks. And, if one looks about ever so little, it will be found that the world is well supplied with men who give up the struggle and shelter themselves behind the shoulders of a wife, or daughter, or sister who is really the most helpless of the two, but who struggles on bravely until they fall in the battle for bread, the "invalid" surviving her, only to be an unwelcome dependent upon some one else until finally, through some blessed chance, Providence is kind enough to take him out of the way.

Wage-earning is particularly hard for the woman who has given her best years to caring for a home and rearing a family. She has, through her very good-heartedness, sunk into the rut of the common-place, and when she applies for work, she is either shortly refused, or offered a wage so paltry as to be almost an insult; but "needs must," and she accepts the pittance, doing work which could not otherwise be obtained for many times the amount of salary. The "wisdom gained in their active life of the 'unemployed'" as she is regarded by the census man, does not avail her in the new field, and she must enter the list against the young, attractive women who are

coming on the stage, more or less equipped for the fight, or whose abilities are fresh for the new lessons which she finds it so hard to learn. She cannot afford to enter as an apprentice, for she must earn a living from the start; she must, therefore, take what she can get, suitable or not. She cannot choose.

## "Making a Fortune"

One of our girls writes to know if I think she could make a fortune growing and selling horseradish roots. I cannot say. This girl reads the columns of "How to make money at Home" so freely given by the majority of household publications, more than she studies her surroundings, I think. If the right person would take up the business of growing and marketing almost anything in the way of foods, he or she could make it pay—provided. But there is always an "if," and several provisions. Where one person makes a fortune, at anything, thousands who follow in the footsteps of the successful one fail to even clear expenses, for there must be more than the wish to make money, if one is to attain success. It might pay her to grow a small patch, and learn the culture of it, and the care to give the product; then, she must have a market. That would require thought, careful planning, some time, a little money, and a good little bunch of industry, business ability and perseverance in the face of discouragements. The planting may be done in well-prepared ground in June, and the marketing begins in November. The roots are often sold by the barrel lots; or, in small bunches in the local market, or to hotels and restaurants; or ready-ground, in small bottles, to families.

## Putting Away Stoves, Etc.

When the stove pipes are put away, to prevent rusting, take equal parts of coal oil and pure linseed oil, mix and with a soft piece of cloth rub thoroughly over the surface of the pipe. Stoves may be treated the same way. To preserve steel articles, paint over them with beeswax dissolved in benzole; the benzole rapidly evaporates, leaving the surface coated with a thin layer of wax. The solution evaporates rapidly, and must be kept tightly corked, pouring but a very little in a saucer at a time, and working rapidly. No fire must be near it.

## Involuntary Resting

Even those actions which are most continuous, for example, respiration and the pulsation of the heart, have distinct periods of rest. After each beat of the heart there is an interval during which the organ is at rest. This amounts to one-fourth of the time requisite to make one pulsation and begin another. During an aggregate of six hours out of the twenty-four, the heart is not working, and is in a state of repose; it takes short periods of rest like a sailor, but it has its due allowance for sleep, for all that. This is equally true of breathing. If we divide the respiratory act into three equal parts, one will be occupied in inspiration, one in expiration, and the other by a period of quiescence. During eight hours of the twenty-four, the chest and lungs are inactive. So with the other organs of the body; each has its time for work

and its time for rest. Our muscles, none of them—even the most untiring waking movements—are kept in continual action, though we may be "on the go" all day; for all that, we are not moving every part of the body at the same moment, or we should soon be so exhausted that our muscles would refuse to perform their office. The brain never rests except in sleep; one is always thinking, the brain is always active, and there is no such thing as rest so long as one is awake. No one ever yet succeeded in thinking of nothing at all. During sleep is the only time the brain ever takes time to recuperate from the ravages of the waking period.—Medical Adviser.

## The Home-Beautiful

The window garden used to be a winter affair, but now the windows of the most hopelessly "groundless" building may be made as gay as the flower-lover likes with window boxes on the outside sills of the windows. In any sporting-goods house may be found boxes in which the jointed fishing poles are packed and shipped, which are about the right size for the house-window; but if these cannot be had, any one who can use a saw and hammer can make the box, and the flower lover can hide its ugliness with vines and foliage. If the window ledges are of wood, there should be a lining of galvanized iron, slanting somewhat to one corner, in which a small pipe is inserted for drainage, the pipe being only sufficiently long to carry the water away from the ledge. If the ledges are stone or metal, this is not necessary, but it is better. The soil for filling must be very rich and porous, and kept well watered. Geraniums, verbenas, hybrid petunias, nasturtiums, coleus, and many foliage plants are used, while for vines to hang over the sides nothing is more satisfactory than vincas, ivy geraniums, and parlor ivy, but these by no means complete the list. Tall plants are not desirable for the boxes, but this may be remedied by pinching out rank growth, causing the plant to branch or bush.

The boxes need only to be watched so that they do not dry out, and the soil stirred with a table fork or hook-weeder. Weak manure water is a good fertilizer. A good fertilizing liquid is made by putting into a barrel a bushel of well-rotted horse manure, and adding to it one pound of nitrate of soda, then fill the barrel with water; stir well, let stand a week, then strain the water off into a clean barrel, then apply two or three times a week. A half peck of sheep manure may be used instead of the nitrate of soda.

For porch or trellis vines, nothing is lovelier than the large-flowered clematis, fragrant honeysuckle, or any one of the new hardy everblooming roses. Nothing adds to the beauty of a house as do thrifty vines and luxuriant window boxes.

## Sleep

One potent cause of sleep, and one of which we habitually avail ourselves, is diminution of attention; shutting the eyes so as to exclude the light, getting beyond the sound of noise, refraining from employment of the senses, avoiding thought as much as possible, will do much to induce sleep. By this means we lessen the amount of blood supplied

to the brain, and sleep results. It is not easy to do this, as the more the will is brought to bear on the subject, the more it rebels, and it is the same way with trying to tire the brain out.—Medical Adviser.

## Bedding Plants

Among the many beautiful bedding plants, none are more satisfactory than the improved geraniums and cannas. The geraniums will grow under almost any treatment, but they well repay care. If the ground is made too rich, they will all go to growth, and give few blooms, while in ordinary garden soil they bloom beautifully, with a more dwarf, bushy growth.

On the other hand, you cannot feed the cannas too highly. They should have rich, moist soil, in a sunny bed, and they will reward you with huge spikes of wonderfully colored flowers. If they have been started in March, either from root or seed, they begin early to bloom, but they should not be planted out-doors until danger of frost is over. In buying, you should get the dwarf kinds, and as the seeds do not "come true," as to color, if you are particular about any one color, it is best to get the roots of a reliable florist.

The Bedding petunias are lovely, and to get the best, one should try the rare varieties; the new shades and variegations are exquisite, and petunias bloom freely, wet or dry. Like many other bedding plants, if the ground is very rich, there is more stalk and foliage than flower. These make fine plants for porch or window boxes.

The old-fashioned pinks and sweet Williams are fine for beds, and as they are hardy, they last for years, seeding the beds so that new plants are constantly coming on. They are old favorites, and are of many beautiful colors and markings.

Double daisies come readily from seed, and set in the border, they bloom all summer and until late frost. As the roots are hardy, the plants will come again next spring, and the new flowers will be larger and handsomer than those of the seedlings. The new varieties are much finer-flowered than the old kinds.

## The Water Garden

Many aquatic plants may be grown in the garden at a trifling expense. For the tank, either cement, or a strong, tight barrel may be used. If the latter, get a strong, water-tight barrel or cask, and saw this in two in the middle; this will make two tubs. Dig a hole in the lawn the size and depth of the tubs and large enough to hold both of them. Put the two tubs in the hole, side by side, and fill in the irregular spaces between with stone and soil. Moisture-loving plants may be set here, as they will flourish in the overflow of the tubs. Six or eight inches of mud from the bottom of a pond, or a mixture of rich garden loam and old manure is first put in, then to a depth of an inch or more with garden loam that is quite rich. In the top soil set the bulbs or roots, being careful that all small roots are well straightened out; then, over the soil place an inch layer of sand and fine gravel to weight down the soil and roots, and slowly turn the water into the tubs, filling each tub to the brim, and adding a few pieces of charcoal to keep the water sweet. Great care must be taken, in filling in the water, that the roots are not disturbed. Any water-loving, or aquatic plant will grow in this, and the water must be filled in as fast as it evaporates. The first filling may be done with a sprinkler in the form of a shower, as a stream of water would wash out the roots. In