



# The Home Department

Conducted by  
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## Face the Sun

Don't hunt after trouble, but look for success;  
You'll find what you look for—don't look for distress;  
If you see but your shadow, remember, I pray,  
That the sun is still shining, but you're in the way.  
Don't grumble, don't bluster, don't dream and don't shirk;  
Don't think of your worries, but think of your work.  
The worries will vanish, the work will be done;  
No man sees his shadow who faces the sun!

—Today's Magazine.

## Cheerful News

The good news comes to us from all directions that the long delayed rains have come, and vegetation, fruits and fields are all improving under the good wettings. Some fruits, past their season now, were a failure, and much of the orchard fruits have been impaired and crops shortened. But the Lord is good to us, and all sections have not failed in all things; so, what one lacks another can supply in quantities sufficient to ward off want; other necessities are being, or will be imported from other countries, and late gardens and "catch-crops" will be planted everywhere. If the potato crop has failed with us, we should not give up, for many things can be raised, or brought in from other quarters to meet the lack. Make the very best use possible of what you have, and if you have more than you need of fruits for your own supply, be sure to can or dry the surplus, for everything will find a market between now and next year. Do not fail to stir up the garden, and get what you can out of it. The autumn months may bring a harvest sufficient, if only of things which will not thoroughly ripen; many things may be put up green, and not a few vegetables and fruits make first rate winter food when dried in the green stage. The main thing is to have the things to put up, and then to do the best you can to gather up the fragments.

## Perspiration Remedies

We get letters from our friends asking how the perspiration which makes them so uncomfortable and ruins their clothes, can be remedied. I do not think it can be, during such weather as we have been having, if one wishes to be healthy. There is a great deal of waste matter washed out through the pores of the skin, and the perspiration is cooling. If one ever was so unfortunate as to pass through a hot siege with a dry skin, he or she knows how dreadful was the sensation. Here are some things one may do to lessen the discomfort and save the clothes: Add to one quart of soft water one dram of formaldehyde and bathe with this solution. Or, bathe under the arms and where the perspiration is most offensive with a little grain alcohol after washing. A few drops of carbolic acid in the bath water will prevent the odor. Very hot water and a little ammonia is good, after which powder heavily with boracic talcum powder, or even plain corn starch. Use a good quality of shields in your garment, or tack folds of soft old linen inside the dress or waist to absorb the moisture. The

shields must be changed daily, and should be washable. A few drops of benzoin in the last bath water gives a cool, sweet feeling and fragrance. But nothing is so good as to wash out the waste matter, or remove it by keeping the sewers of the body flushed and open.

It is almost impossible to remove perspiration stains from anything that can not be boiled or bleached; the stains are both acid and alkaline, and what will kill the one will not remove the other. It is an excellent plan, when a moist garment is removed, if it can be washed, to throw it at once in a tub of water, and as soon as may be, wash and hang to dry. The stain and smell comes out at once, and for men's and boys' underwear, there is no plan so good, or one that will give easier work or better satisfaction. Unless one perspires so freely as to menace the health, it is best not to interfere with the matter. If too copious, see your physician.

## "Ye Oldentime"

A letter came to me, this morning which carried my mind back to the "good old days" when shawls were worn, and it conjured up a wonderful array of memories of the long ago. The writer wished to know how she might clean the white center of a cashmere shawl that had "come down to her as an heirloom." And when I read it, I glanced across the room to where a long suffering "Palsley" shawl, "as good as new," is now doing duty as a couch cover—just as bright and handsome, in its wonderful silk and linen usefulness as it was many, many years ago, when it was given to me at a cost of \$80. I took down from my book shelves an old, old recipe book, and this is what the compiler told me to do with the white-centered cashmere shawl: Prepare a mixture of equal parts of camphor, West India molasses and clean, soft soap. Fold a sheet and lay upon a bench or table to be used. Single your shawl and lay the white part on the sheet, then with a clean white cloth rub the mixture thoroughly into all the white part. Rub first the right side, then turn and rub the other side. Rinse thoroughly in lukewarm water, taking care not to wet the colors unnecessarily. Press the water out and wring in a dry cloth. Iron while damp, crease through the middle and you will be surprised at the newness of your old shawl.

This same reader wishes to know how the housewives of the olden time got their floors so white. Well, here is the answer:

Take clean, well-sifted sand, scatter it on the floor; have ready one ounce of potash dissolved in a pint of water; sprinkle the solution over the sand, and with a scrubbing brush and good mottled soap rub the boards along their length, changing water frequently, and using it very hot, using vigorous strokes with the scrubbing brush. This will make the floor perfectly white and clean, removing all grease spots.

We of the present generation, should be thankful for oiled, stained, painted and waxed floors. I suppose we are, for it took real hard work to keep house in the old time.

## The Bath

A porcelain-lined bath tub, with hot and cold water, and all the rest

of the "fixings" for insuring its use, are very good things to have; but if you are one of the unfortunates who are not so favored, do not despair. Any one can keep the skin perfectly clean with a pail of warm and one of cold water, a good sized wash basin and several perfectly clean wash cloths and two or three bath towels. A bath mit is good; but you can make one of a piece of Turkish toweling that will answer all demands. Have a cake of the best vegetable oil soap, and if you like it, a flesh brush. Warm water is cleansing, but cool or cold water is a tonic. Try it.

## Skin Troubles

Quite a few of our friends have asked for sure remedies for some one form of eczematous affections of the skin, and I wish I could send what is wanted, for the disease is an exceedingly disagreeable one, and at times drives one almost frantic by the almost intolerable heat and itching which is so hard to overcome. There are over three-score different affections that go under the name of eczema, and what will cure one will do no good in another case. Even the same disease on different persons require radically different treatment. We are told that the disease is the result of derangements either of the nutritive, assimilative or nervous system; in one there is a lack of nutritive power, and the patient becomes weak and emaciated; in the assimilative, there is an impaired digestion and a consequent suppression, or abnormal state of the secretions; while eczema occasioned by a run-down condition of the nervous system, is accompanied by all the morbid conditions incident to irritation and exhaustion of the nerves. In all the forms, the remedy lies in building up the constitution first, as the troublesome itching and heat of the skin is but a symptom, or local manifestation of a condition which must be overcome before relief can be had. Egregious blunders are constantly being committed by even the eminent practitioners, and the consequent inappropriate treatment does nothing but deplete the pocket-book and the patience of the worried sufferer. Nearly all doctors tell us that it is an exceedingly troublesome condition to deal with. But there are many cures, and if one gets hold of the right one it is blessed relief from a condition bordering on extreme torture. Remember that local treatment must in all cases be supplemented by constitutional. The strength must be built up, the body, inside and out, must be kept clean, by keeping the excretory organs active. Soap and water must be kept from the affected surface, as water only makes it worse. If it needs cleansing, use a good cold cream, or pure olive oil. The greatest trouble is the fact that the general practitioner seems to have but a vague idea of what is necessary to be done, and trying experiments with proprietary medicines is expensive.

## A Neglected Food

According to a circular issued by the bureau of animal industry, United States department of agriculture, cheese should be more widely used as an article of diet; it is stated that one pound of cheese has nearly the same food value as two pounds of beef or other fresh

meat. It is worth as much as, or more than, a pound of ham, and is more digestible. It is equal to two pounds of eggs or three pounds of fish. Where cheese is used at all, it is used in small quantities as a luxury at rare intervals, and food products of less value and inferior palatability takes its place as necessities. The government scientists advocate the eating of dishes in which cheese is used, as omelets, macaroni and cheese, and like mixtures. They claim that cheese can be eaten in large quantities without serious disturbance of health, as it is really a desirable food. In some cases, however, where the digestion is weak, care must be taken not to over eat, as constipation of a distressing character takes place.

## Home-Made Relishes

Where one can gather the ingredients from her own garden, or get them reasonably fresh and cheap from the market, chow-chow, sauces, relishes, and other fancy pickles can be easily put up, and are far better and more wholesome than such goods bought off the shelves of the ordinary grocery store. A good recipe is here given for the making of chow-chow. Run through your vegetable chopper a half head of firm, white cabbage, and put into a stone jar with a quart of the very small cucumbers; cover with a strong brine, and leave twenty-four hours; boil until tender (not soft) a head of cauliflower, a quart of small onions, a pint of string beans, broken as for boiling; drain the cabbage and cucumbers and all the vegetables, and mix well together; put three quarts of vinegar in a porcelain kettle to boil, then add half a teaspoonful of celery seed, two tablespoonfuls of mustard seed, a cupful of grated horse radish, and one whole clove of garlic minced with two or three pods of red or green pepper seeded. Stir and let boil for five minutes, then add a cupful of brown sugar, half an ounce of tumeric and half a pound of French mustard with a gill of best olive oil, moistening with a little cold vinegar. Stir all well and pour the boiling hot vinegar over the vegetables. Pack in small jars, or wide-mouthed bottles.

## Making Salads

To be appetizing and nutritious, a salad must be more than a mere mixture of vegetables, meats, eggs, oil and vinegar. The vegetables must be fresh and crisp, the vinegar not too strong, and the ingredients must be put together with regard to harmony of flavor and appearance. Where hard-boiled eggs are used, they must be boiled until the yolk is dry, and will mash up like a lump of flour. A teaspoonful of made mustard, with half a cup of olive oil stirred drop by drop in as much good vinegar, not too strong, or lemon juice, as will give the desired acid taste, whether liked quite sour or moderately so; the mixture should be perfectly smooth and thick when done, and the whites should be finely minced and added the last thing, mixing them well. This should be poured over the salad while serving, and it is better prepared just before using. Cucumbers, pared and sliced potatoes cold boiled, tomatoes, peeled, chilled and quartered, onions peeled and sliced, and all the cooling greens may be used; all must be thoroughly chilled. A salad should make a good appearance, and the new housekeeper should make a study of preparing such dishes. But the old housewife often has little or no idea as to what constitutes a really good appealing salad, and she sometimes sets before her guests a sort of "what-is-it" dish that they may eat, but they do not often men-