



The Home Department

Conducted by
Helen Watts McKee

To Arcady

Come, tired soul, to Arcady
And hear the fountain singing.
The fountain knows as much as we;
Who sees what angels tend it,
And all their wisdom lend it?
It has a brave philosophy,
In ecstasy unspringing.

It sings whate'er the weather be,
Its days are calm and even;
Its nights are sweet with mystery—
Of perfume from the meadow,
Of moon and stars and shadow;
And though it smiles old earth to see
It still aspires to heaven.

O lovely land of Arcady,
With sun and fountain streaming,
Set all our prisoned fancies free,
That we like children roaming
May yet to thee be homing
With song of faery rhapsody,
And hearts divinely dreaming!
—Louise Morgan Sill in Harper's
Weekly.

Making Over

Many mothers will look disheartened at the outgrown coats and dresses of the little tots still in their babyhood, but with a little work many of these may be made to answer very well indeed for another season or two. A little coat may be enlarged by cutting down the center back and inserting either an inverted box plait or a double box plait from the neck band to the bottom of the garment, stitching the plait to average yoke depth; the same may be done to the front if necessary to make still larger, though this is seldom the case. Or if the garment has already a yoke, the extra piecing may be hidden by little shoulder capes over the sleeve tops, set under the plaits in the front and back. The sleeves may be opened down the center inside seams and a plain piece set in as a trimming. There are many ways to enlarge and let down garments, if mothers will only study them.

Many little garments may be made from the least worn parts of the pants, jackets and coats of the elders, while with very little work the knit underwear can be made into serviceable garments for the small children. Much comfort can be had by the little folks from garments made from discarded skirts, dress or under skirts that have become impossible even for the economical women through shrinkage or other misfitting. Discarded shirt waists, fashioned with pretty tucks or laces or embroideries, may be made over into yokes, guimpes or caps for the kiddies with but little trouble, or pretty Normandy cap-shaped bonnets for the older child. Warm little tights are made from the tops of large stockings, or from the bottoms of underwear, or the bottoms of sleeves, by setting in gussets to widen the seat of the garment. Such things are nearly always put in the rag-bag and given away, and it is like throwing away money.

Some Economical Ways

Some one has said that the best way to economize is to do without until you have the money to pay for what you want, and there is a lot of truth in that. But there are many ways of economizing—of practically eating your cake and still keeping it, and it is not the women of the household alone who must begin this kind of economizing. The men of the

family can do a lot of it, saving many pennies which are now allowed to go to waste through carelessness on the part of the "strong right arm." One of the ways in which the head of the house should begin to pick up the scattered pennies is in fixing up the furniture—tightening the loose joints, adding a bit here and there, glueing, or by the use of suitable nails or screws, sandpapering, staining, varnishing or painting. Look after the doors that "hang," or squeak or sag in other ways; attend to the windows that rattle, or the cords that won't work, or the catches that won't catch, or the cracked or broken, or loosened panes of glass; or the broken steps, hanging gates, loose pickets, wires or boards; nail down the boards on the sidewalks, or make new ones; open the clogged kitchen drain, clean out and mend the eve-troughs, and gather up the fragments of lumber, cutting and storing it for kindling, and in hundreds of ways, calling but for a minute of time, keep things in good repair and avoid the necessity of buying new, or doing without. When we are walling about the ignorance of our girls, let us look at the boys for a moment. The home life is just as much the product of the boy as it is of the girl, and every boy should know just as much about mending things about the home as the girl is expected to know about patching and darning. It is just as bad for the boy to run in the street, leaving the girls of the family to wrestle with out-of-repair household things, as it is for the girls to let them wear dilapidated clothing. Boys should be taught to do things, as well as the girls. Hard times is a condition brought about pretty much by careless extravagance and waste.

Floral Notes

Everybody loves plants, but not everybody succeeds in making them the joy they should be in the winter window garden, because of many things. Plants are like children, and to do their best, they must have more than food and drink and warmth. They must have intelligent care and loving watchfulness of their needs. But they repay. Flowering plants are not always satisfactory, for the period of bloom may be short and intermittent. But there are foliage plants that are always beautiful and respond every day to even the commonest care. Palms are graceful and ornamental, but of slow growth; but one thing in their favor is that they stand a great deal of neglect and abuse, and if given half a chance, grow on as beauty spots in the household. Ferns are a favorite with many, and if their needs are attended to, they are lovely; if neglected, they are poor, ragged reproaches, a prey to bugs and scales that leave them disgusting objects.

Whatever plants you attempt to grow, it is not necessary to put the pots in jardiniere; a clean terracotta pot is in keeping with the base of the plant, and besides, the jardiniere is apt to retain water which rots the roots of the plant and breeds worms. Very few plants like wet feet, and those which do demand clean, sweet water for the foot bath. Before bringing in your plants, you must study the conditions you can offer them, and select only such as the conditions suit.

The amount of light, or direct sunshine, the temperature at which they are to be kept, what the fuel—whether gas, hard or soft coal, or wood, and how much ventilation you will be able to give them. No matter how good and suitable soil you may have, or how thrifty the plants when brought in, these conditions must be studied, or you will fail.

One of the safest and surest plants to live for the beginner is the dear old geranium; but even this must have intelligent care and attention to its needs. It asks but little; but only too often it gets less than it asks for—or deserves. Be good to your plants, and they will repay.

Appendicitis

A reader asks, "What is appendicitis?" We quote from a medical magazine: Appendicitis is inflammation of the appendix, the worm-like sac that hangs from the large intestine on the lower right side. The old theory was that seeds of fruit entered this sac and causes the inflammation, but this is not now held as true. Seeds have been found, but when foreign pellets are found they are almost always of faecal origin. The prime cause is masses of imperfectly digested, fermenting foods in the large intestine, constantly developing bacteria which spread to the appendix, where they lodge, its lower end being closed. It is claimed that the one article most particularly liable to induce appendicitis is fine wheat flour. The London Lancet, the highest medical authority in the world, recently gave statistics tending to show that the great increase in cases of appendicitis in Great Britain since the introduction of fine patent flour is due to the increased consumption of white bread there. The disease, properly understood, exists long before and after the painful attack.

The Economy of Fruits

We are told that canned and dried fruits are much more economical per quantity eaten, and also nourishing, than the fresh fruits, because of the immense waste in the fresh article in the way of pits, skin, cores, and damaged places, all of which are removed from the preserved articles. The water, also, is reduced by evaporation, and many times sugar is added. It is claimed that fruits are sources of energy, rather than tissue builders. As to digestibility, cooked or uncooked, "doctors disagree," and each one must be a law unto himself. While unripe fruits are undoubtedly harmful at times when eaten too freely, the danger is much less than commonly thought, the effects depending on personal idiosyncrasies more than the fruit itself. Many persons can not eat fruit in any form, at times, while at others, it is beneficial. Raw or cooked, intelligently used with due regard to personal peculiarities, fruit forms a valuable food, and should be eaten in larger quantities than is now the practice.

Fashion Notes

The mothers are busy about these days getting the young folks ready for school which opens in September in most instances, while many country schools have been in session for some weeks. There are so many pretty materials for the wash-dresses that one can scarcely err in

the choice. Fussy dresses are not in good taste, while simplicity should be the key-note of the child's wardrobe.

In making for the children, allowance should be made for the growth of the elastic little body, both upward and outward, though the length seems of the most importance. In various ways this can be done without spoiling the pretty effect. On the bottom should be a very wide hem, with a deep tuck hand-run on the underside, and it will be but the work of a moment to "let down" the length in case of shrinkage in laundering, or growth of the child.

In order to find the correct length of the skirt for a very small girl, have the child kneel on the floor, and measure so the bottom of the finished hem will just touch the floor evenly all around.

For the sixteen-year-old girl, the generally approved length for the skirt is a termination at about seven inches from the floor, while a miss of eighteen, quite tall for the age, may wear a skirt fully two inches longer. This is a safe general rule, and should be modified to suit the particular girl. In using paper patterns, it is best to add to or take from the bottom of the skirt pattern, and it must be remembered to allow for the hem.

In point of popularity nothing is more favored than the six-gored skirt model having one or two pleats at each gore; such models preserve the fashionable straight lines, and at the same time permits of absolute freedom and grace of movement. It is very simple in construction, and the model is suitable for all ordinary occasions. Another popular version of the six-gore model is one especially adapted for the wear of misses or small women, having three pleats at each seam.

For the School Books

Here is a way to cover the school books. Lay the book flatly face down on the material of which the cover is to be made—calico, gingham, cambric, anything suitable; mark the cloth half the width larger than the book, larger all the way around, and at the back, where the binding comes, slash to the edge of the book; turn in the cut pieces over the binding (the slash must be on each side of the binding,) and bring the cloth smoothly over the covers of the book, lacing it across with long, double threads. Do this on both sides of the cover, and over the title of the book on the binding cut out a section from the cloth large enough to show the name of the book. If books are covered when new, and the children taught to take care of them, they can be used as long as needed without being much damaged. Teach the child not to hold the book open with the thumb placed where the leaves come together. Children should be taught to take a pride in keeping the school books clean and whole.

Keeping Canned Fruits

All canned goods keep better and preserve their flavor best in the dark. If possible to have a fruit room, that is best; but swinging shelves, or rows of shelves will answer equally well under certain conditions. A large dry goods box, with shelves built in it and the cover swung on hinges is as good as anything. A cool place is necessary, and no pantry near a stove or in the kitchen will answer. If there must be an uncurtained window, wrap each jar or tin can in paper, or hang a dark curtain in front of the shelves. Large wooden boxes set on the cellar floor will keep fruit perfectly, if kept covered. Tin cans as well as glass require to be kept from the light. To prevent insects reaching the fruit, fasten sticky fly paper